

MADRAS SCHOOL OF SOCIAL WORK

DEPARTMENT OF COUNSELLING PSYCHOLOGY

World Suicide Prevention Day 2019 (10th September 2019)



On 10th September, 2019, the department of M. Sc. Counselling Psychology, had an open discussion to commemorate the World Suicide Prevention day. Students and Professors alike, gathered at the Open-Air Theatre to talk and share about suicide and what can be done to prevent it.

The talk started with the professors Dr. Subasree and Mr. Vivian introducing the topic and the purpose of the discussion. People then came forward with their experiences with suicidal thoughts and depression. The discussion turned to people who lost or almost lost their loved ones to suicide. A lot of emotionally charged stories were shared, leaving everyone at the open-air theatre misty eyed and solemn. This led to a discussion on psychology behind the rising rates of suicide in the Indian population. People cited social media, peer pressure and the increasing prevalence of depression as possible contributing factors. Romanticizing suicide

was also named as one of the reasons young adults are drawn towards suicide ideation. The discussion took a very optimistic and positive turn when people spoke up about the various ways in which they handled the lowest points of their life. Some talked about taking up hobbies, while others had strong social support system as their source of comfort.

Though not everyone was comfortable sharing their view or talking about such a sensitive topic, it was clear that the space was very understanding, warm and safe. By the end of the discussion, which went well into twilight hours, the professors summed it all up with a positive message, and everyone went home feeling more enriched and hopeful.