



MADRAS SCHOOL OF SOCIAL WORK

(An Autonomous institution affiliated to University of Madras)

M.Sc. Psychology

Vriddhi Forum '24-25

Suicide Prevention workshop - '24

Date: Tuesday, 10th September

Time: 4:30 PM - 6:30 PM

Venue: 4th Floor

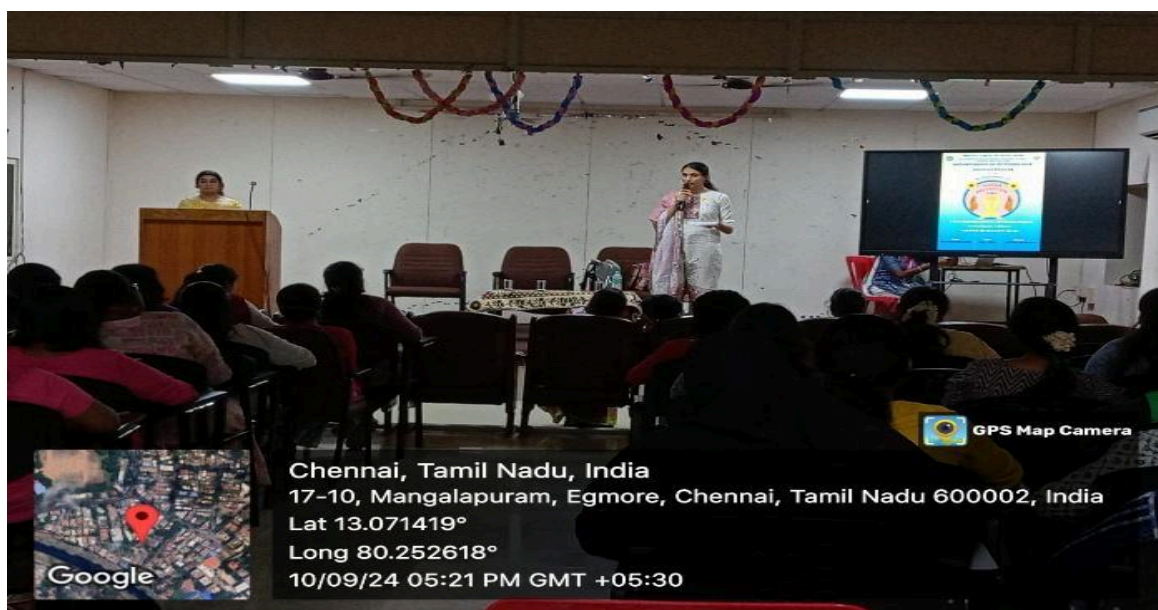
The Vriddhi Forum successfully hosted a pivotal event centered on suicide prevention, aiming to elevate awareness and offer support within the community. The event drew a diverse and engaged audience, including faculty, students, and distinguished guests from the psychology field. It underscored the critical importance of addressing mental health challenges, particularly those related to suicidal ideation and behavior.

The event began with a warm welcome from Miss Shankri from cp 2nd year who served as the emcee for the day. She introduced the key figures in attendance, setting a positive and inclusive tone for the event. Dr. Hannah John, the Programming Head of Family Counseling, was recognized for her role in the forum, and special attention was given to the chief guest, Mrs. Madhar Shameem. Mrs. Shameem, honored for her significant contributions to the field of Counseling Psychology, was felicitated in a ceremony led by Dr. Sri Vidhya Lakshmi Shrudhi. Their presence highlighted the importance of professional guidance in suicide prevention efforts.

The central session of the event focused on crucial aspects of suicide awareness, offering attendees valuable insights into recognizing and addressing the warning signs of suicide. The session covered critical topics such as the expressions of suicidal thoughts, feelings of helplessness and hopelessness, sudden mood changes, social withdrawal, and changes in eating and sleeping patterns. The session also highlighted the cognitive trio—hopelessness,

helplessness, and worthlessness—demonstrating how these negative thought patterns often manifest in both behavior and cognition, potentially leading to suicidal ideation.

In addition to discussing the cognitive aspects, the session provided practical tools for assessing suicidality, focusing on the ideation, intent, and planning stages. A comprehensive discussion was held on various risk and protective factors, including previous suicide attempts, history of childhood trauma, major life transitions, and the availability of support systems. This information was invaluable in understanding the complexity of suicidality and the factors that contribute to it.



The session also emphasized the importance of developing a safety plan for individuals at risk of suicide. This plan serves as a critical resource in times of crisis, with its key components including emergency contacts such as the National Suicide Prevention Lifeline, the Crisis Text Line, and local emergency services. Attendees were encouraged to utilize coping strategies such as deep breathing, mindfulness, physical activity, and journaling to manage distress. The importance of identifying and relying on a support network, including friends, family contacts, and support groups, was also stressed. Additionally, the discussion touched on the importance of self-care, highlighting sleep, nutrition, and engaging in joyful activities as essential components of mental wellness. A critical takeaway was the importance of recognizing early warning signs such as increased suicidal thoughts, social withdrawal, and noticeable emotional changes.

The event concluded with several key announcements regarding upcoming initiatives by the Vriddhi Forum. One of the highlights was the "Wall of Emotions" project, an initiative designed to foster a sense of community and support, encouraging participants to express their feelings in a safe and supportive environment. This initiative, along with others announced, demonstrated the ongoing commitment of the Vriddhi Forum to support mental health and well-being.



Miss Shankri delivered a heartfelt vote of thanks, expressing deep gratitude to all participants, faculty members, and guests for their invaluable contributions to the success of the event. Her closing remarks highlighted the collective effort required to address suicide prevention and the vital role each participant played in making the event impactful.

The Vriddhi Forum's event on suicide prevention marked a significant step forward in raising awareness and equipping the community with the necessary resources to support mental health. The collaborative efforts of faculty, students, and professionals underscored the importance of community engagement in tackling this critical issue. The event not only provided valuable information but also reinforced the commitment of all involved to supporting those in need and preventing suicide.