

# World Suicide Prevention Day 2024



On 10<sup>th</sup> September 2024, the Department of Psychology, St. Edmund's college, organized an open-air program to observe World Suicide Prevention Day in Don Bosco Square, Laitumkhrach. The program commenced with a march from the college gate to Don Bosco Square via Fire Brigade point. The program began with a flash mob performed by the students to gather the attention of the crowd in the area. This was followed by a speech given by Dr. Melissa Kyndiah, the Head of the Department of Psychology. In highlighting the theme of the World Suicide Prevention Day, i.e. 'Changing the Narrative', she brought attention to the seriousness of the issue that approximately in every 40 seconds, a person dies by suicide. To tackle the issue, changing the narrative about suicide, and consequently removing the stigma about suicide and help seeking, and fostering attitudes of help and support, all will be able to help those who are in need. Following the speech, the students presented a skit about college-going kids that covers issues such as depression, anxiety and suicidal thoughts. The skit emphasizes the power of changing the narrative from thinking that the person dealing with these issues are just seeking attention, to the issue of giving support and helping the person find the help she needs. Students created posters and artwork that focused on the theme for the program. The program ended with a candle vigil and a heart-warming message for all the public present through the song "Heal the Work" by Michael Jackson.