

Suicide prevention: cultivating hope

INPSYCHFUL



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Editor's Note

Dear readers,
Suicide is a global issue that affects individuals and families across every community, regardless of age, gender, or background. It is a silent battle that many face, often in isolation, which makes it even more imperative for us to throw light on this subject.

In this edition, you'll find resources and insights aimed at raising awareness, breaking the stigma, and providing support to those who may be struggling. It is our collective responsibility to ensure that those who are suffering know they are not alone and that help is available.....

-Levin kumar

HAND BRAKE TO BRAKE

Suicide, a word feared by itself.
Folks say it's wrong,
A thought not to be worked upon.

To apply brakes, sometimes hand brake,
But few tell how to maneuver the gears.
Swiftly apply brake with use of clutch, if fast,
Noticing signs, identifying symptoms,
understanding with validation.

To be there with them, urging doctor's visit,
Not forcing, but asking professionals for help.
Most importantly, offer support,
Educate ourselves and those around us.

So people don't resort to hand brake,
Instead, calmly resort to brake.
Suicide's meaning has changed from committed to
death by,
Prevention is possible, by knowing how to apply
brakes correctly.

-KK



IN P S Y C H F U L

Help is available: Hope is a reality

No single discipline or level of societal organization is solely responsible for suicide prevention; individuals in many roles and at all levels of community/society and government can and should contribute to the prevention of suicide related behaviours. Suicide prevention therefore requires collaboration where no discipline or stakeholder is privileged over another.

Hope is a powerful force that can help people overcome even the most challenging obstacles in life, and that includes suicidal thoughts.

When a person is experiencing suicidal thoughts, they may feel overwhelmed, hopeless, and trapped in their circumstances. They may feel like they have no control over their life and that things will never get better. In such situations, this is why the role of hope plays such an important part.

It's okay to
reach for help

Hope can be a powerful motivator in helping someone to see beyond their current struggles and envision a better future. Hope is the belief that things can get better, even in the face of adversity. It gives people the strength to keep going, even when things seem impossible. When a person has hope, they are more likely to reach out for help, make positive changes in their life, and find solutions to their problems. On the other hand, when a person feels hopeless, they may withdraw from others, engage in risky behaviours, or even act on their suicidal thoughts.

Finding your 'hope', or reason to keep going, is crucial in suicide prevention. This can be anything that gives a person a sense of purpose or meaning in life. It could be a hobby, a relationship, a job, or a personal goal. When a person has a reason to keep going, they are more likely to persevere through difficult times and see beyond their current struggles.

It is important to note that finding hope and a reason to keep going is not always easy. It may require the support and guidance of mental health professionals, friends, and/or family members. It may involve making significant changes in life, such as seeking treatment for mental health conditions or ending toxic relationships. However, with the right support and resources, it is possible for anyone to find hope and a reason to keep going.

For those who experience suicidal thoughts, one way to find hope is to focus on the things in life that bring joy and fulfilment. This could involve spending time with loved ones, pursuing a passion or interest, or volunteering for a cause that they care about. Engaging in activities that bring a sense of purpose and meaning can help someone to see beyond their current struggles and envision a brighter future.

Sharing stories of hope and recovery can also be a powerful way to promote hope. Many people who have struggled with suicidal thoughts have overcome them and gone on to live fulfilling lives. By sharing personal stories, we can show others that recovery is possible and that there is hope for a better future.

Promoting hope is essential in suicide prevention. Hope gives people the strength and motivation to keep going, even in the darkest of times. By working together, we can create a world where suicide is no longer a leading cause of death, and everyone has the hope they need to keep going.

-Anonymous

It's 2 AM

It's 2 a.m., and Manya is feeling suffocated in her room. The pressure she's enduring is becoming overwhelming. Society's restrictions have confined her to her house, leaving her unable to socialize. The weight of societal expectations for success bears down on her, and the path ahead seems strewn with obstacles placed by others.

In most situations, there are choices to be made, but in Manya's case, it feels like there's only one path. Failing to reach her goal would mean being pulled down the ladder even harder, trapping her indefinitely. It's a do-or-die situation.

At times, Manya finds herself battling suicidal thoughts, staring at the ceiling fan while cutting fruit. The weight of society's flaws exhausts her. Simple acts like wearing eyeliner or holding a pen have become unattainable luxuries. Venturing beyond her four walls is an alien concept.

Yet, she clings to a glimmer of hope, believing she can break free from these shackles and soar to new heights.

By 6 a.m., after a night of relentless struggle, she summons the courage to step outside her room, only to find that the challenges have multiplied.

Nevertheless, Manya maintains faith in her ability to fight. She sees herself as a fighter.

Fast forward to 7 pm, a stomach ache grips her, possibly due to PCOS, a condition often wrongfully stigmatized and blamed for her difficulties.

Despair washes over Manya, and the pressure to suppress her depression intensifies. The future appears shrouded in darkness, and even her favorite refuge, sleep, remains elusive. As night falls, fear takes hold, and her hope dwindles further.

-Anonymous



IN P S Y C H F U L

This feeling doesn't last, when treated

Introduction:

Suicidal thoughts and behaviors can be incredibly distressing, but recognizing the warning signs and knowing how to respond can make a significant difference. This article presents a structured approach to help individuals identify and assist someone who may be experiencing thoughts of suicide.

[A] Suicide Warning Signs: "IS PATH WARM"

Understanding the signs that may indicate someone is struggling with suicidal thoughts is crucial. Remember the acronym "IS PATH WARM" to aid your recognition:

- **Ideation:** The first sign is ideation – thoughts of suicide. If someone talks about or expresses these thoughts, it's a significant red flag.
- **Substance Use:** Increased or excessive alcohol or drug use may be used as a way to cope with emotional pain.
- **Purposelessness:** A sense of hopelessness and seeing no reason for living can be a strong indicator.
- **Anxiety:** Feelings of anxiousness, agitation, and recurring nightmares can be warning signs.
- **Trapped:** Individuals may express feeling trapped, as though there is no way out of their situation.
- **Hopelessness:** They may feel hopeless about themselves, others, or their future.
- **Withdrawal:** Isolating from friends, family, usual activities, and society is another concerning sign.
- **Anger:** Feelings of rage or uncontrolled anger, along with a desire for revenge, can indicate emotional distress.
- **Recklessness:** Acting without regard for the consequences of their actions is another warning sign.
- **Mood Changes:** Keep an eye out for dramatic changes in mood and emotional instability.

[B] How To Help: "A-C-E"

Once you've recognized these warning signs, it's essential to respond in a supportive and empathetic manner. Remember the acronym "A-C-E" to guide your response:

Ask:

- Do: Initiate a conversation by asking if they are thinking about suicide. Opening up this dialogue is crucial.
- Actively listen: Allow them to express their thoughts, feelings, and concerns without judgment. Acknowledge their talk, behavior, and emotions.

Care:

- Do: Continue listening attentively and genuinely care about their issues and troubles.
- Discuss and show care about their issues and troubles. Be empathetic and understanding.
- Help them connect with a psychologist: Encourage them to seek professional help and offer assistance in finding a mental health expert.

Escort:

- Do: If you believe the person is in immediate danger, inform your chain of command, or take them to a medical or emergency room without delay.
- And do it NOW: Time can be of the essence in these situations, so don't hesitate.

Conclusion:

Suicidal thoughts are a serious matter, but with awareness and a compassionate response, it's possible to help someone in crisis. Remember to stay engaged, offer support, and connect them with the professional help they need. By following these guidelines, you can make a meaningful difference in someone's life when they need it most.

-Anonymous

An ode to Teachers

Dear Teachers

On the special occasion of Teacher's Day, we would want to express our heartfelt gratitude for your unwavering dedication, guidance, and inspiration. You have not only imparted knowledge but have also shaped our character and ignited a passion for learning within us.

Your patience, enthusiasm, and commitment to our growth have made a profound impact on all of us. Your ability to make complex subjects understandable and your encouragement to explore new horizons have been invaluable.

You are not just our teachers but a mentor, a role model, and a source of motivation. Thank you for being a beacon of knowledge and a pillar of support in our educational journey.

Happy Teacher's Day! You deserve all the appreciation and recognition for your incredible contributions to our lives.

Thank you

-Levin Kumar

Honoring Exceptional Indian Educators

In history, we reflect on five eminent Indian educators. Contemplate: 'One book, one pen, one child, one teacher - a world-changer.'

Teaching, a noble pursuit, shapes students, their strengths, and weaknesses. India's rich educational history boasts influential teachers, fountains of knowledge and inspiration.

Teachers' Day, on September 5, honors Dr. Sarvepalli Radhakrishnan, India's former President, since 1962.

Savitribai Phule, India's first female teacher, built schools for girls in Maharashtra.

Rabindra Nath Tagore advocated active learning through activities like theater and dance.

Chanakya, in the fourth century, authored Chanakya Niti and Arthashastra.

Swami Vivekananda established the Ramakrishna Mission and promoted the Gurukula system.

Dr. APJ Abdul Kalam fused contemporary and traditional education, championing equity, gender equality, and female education.

In Chanakya's words, 'Never accept less than you deserve, it's self-respect.'

As students, we're grateful for these mentors, guiding us through life's lessons. Our journey of learning, from parents to formal education, never ends. We honor our teachers.

-Eva Agarwal

IN P S Y C H F U L

STUDENT'S CORNER

The Department of psychology ,was delighted to organise a teachers day celebration. On this special occasion, we recognised the invaluable role teachers play in guiding, mentoring, their passion for teaching, the tireless efforts they put in fostering love and inspiring us to reach our full potential. The students payed a small gesture of gratitude to the amazing efforts our teachers put in.

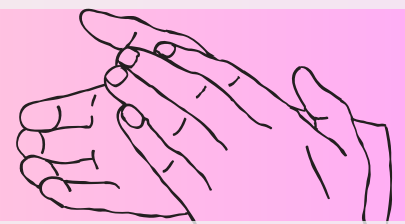


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Presents

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Shivaji College
(Shutterbugs Shivaji)



Aastha Masand, Khushi Narang, Pratibha Patel, Arron Gogna and Dev Saini secured the remarkable third position in the Film Making Competition at Delhi University