

विश्व आत्महत्या रोको दिवस

सभी कमजोरी ,
सभी बंधन मात्र कल्पना है.....
कमजोर न पड़े !..
मजबूती के साथ खड़े हो जाओ!
शक्तिशाली बनों!
मैं जानता हूँ कि सभी धर्म यही हैं
कभी कमजोर नहीं पड़ें
आप अपने आपको
शक्तिशाली बनाओं ..
आप के भीतर अनंत शक्ति है।

स्वामी विवेकानंद

१० सितम्बर

World Suicide Prevention Day

- Stigma: A Major Barrier to Suicide Prevention

વિશ્વ આપઘાત અટકાવ દિવસ

- કલંક : આપઘાત અટકાવવા માટે મોટી અડચણ છે.

વિશ્વ આત્મહત્યા રોકો દિવસ

- કલંક : આત્મહત્યા રોકવા માટે મોટી અડચણ છે



સાનિધ્ય માનસિક રોગોની હોસ્પિટલ

ડૉ. નિશાંત એ. સૈની

એમ.ડી. (સાઈકિયાટ્રી)

- માનસિક અને મગજના રોગોના નિષ્ણાત
- વ્યસન મુક્તિ સારવારના નિષ્ણાત
- મનોવૈજ્ઞાનિક રોગોના નિષ્ણાત

સાઈ કોમ્પ્લેક્સ, બીજો માળ, ગોબરી રોડ, ગઠામણ દરવાજા, પાલનપુર - ૩૮૫ ૦૦૧. ફોન : (૦૨૭૪૨) ૨૫૭૬૬૬, મો.: 9429922066



{SUICIDE}

IS 100% PREVENTABLE

**SPEAK UP
REACH OUT**

Suicide.

The word caught your attention, didn't it?
The truth is, suicide catches everyone's
attention. It's the actions leading up to
suicide that go unnoticed.

Suicide Victims

are not "weak", "selfish"
or "cowards"...



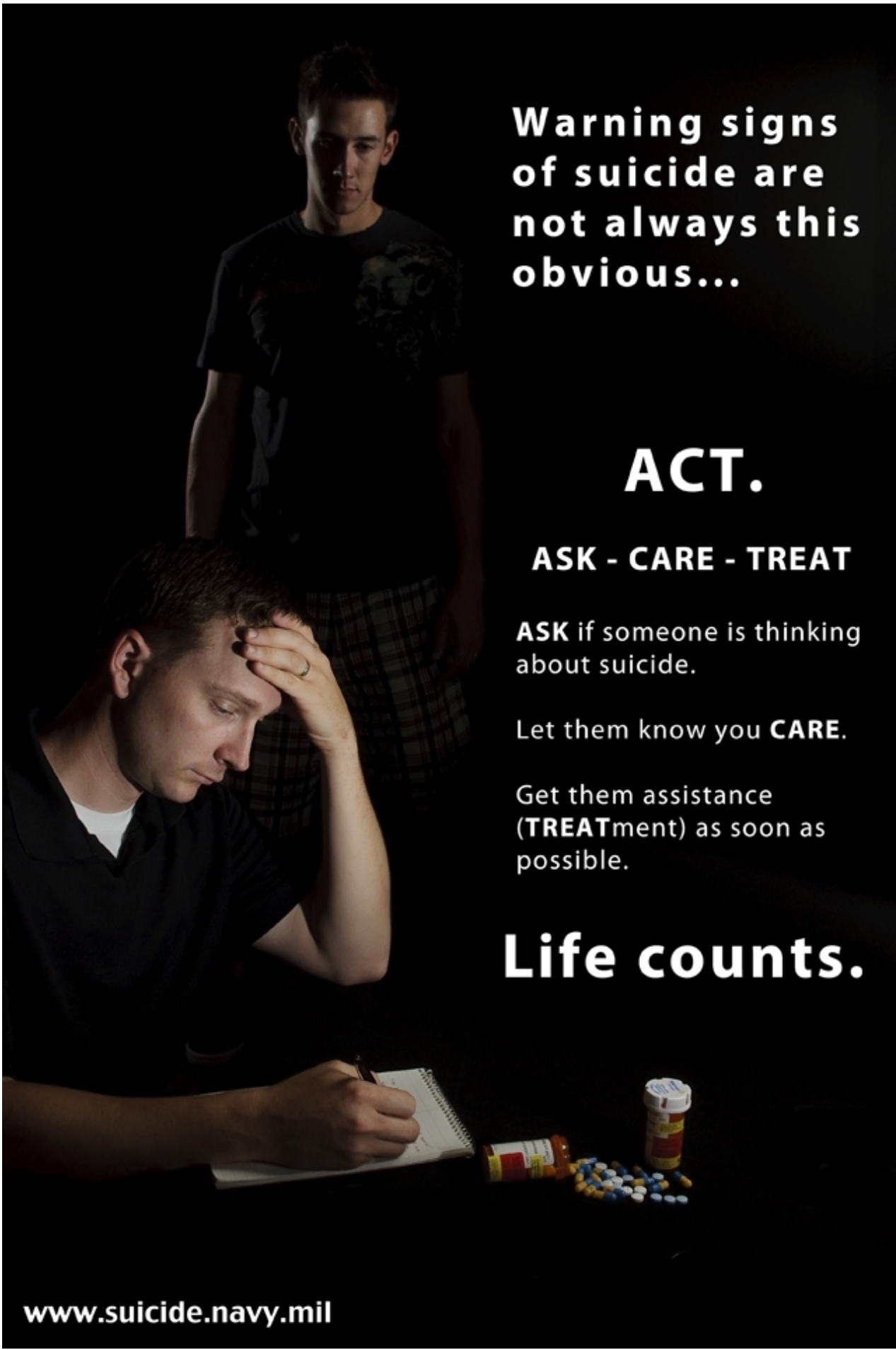
they are fathers, mothers, sons, daughters, husbands, wives, brothers, sisters, cousins, grandchildren and friends who were in pain and are missed and loved everyday. Choose your words carefully and please don't judge what you cannot possibly understand.

Raise awareness not stigma.

Out of the Ashes/FB



**STOP
SUICIDE**



**Warning signs
of suicide are
not always this
obvious...**

ACT.

ASK - CARE - TREAT

ASK if someone is thinking
about suicide.

Let them know you **CARE**.

Get them assistance
(**TREAT**ment) as soon as
possible.

Life counts.

www.suicide.navy.mil



Suicide is truly one of
the most *preventable*
forms of death.



Today is the,

"World Suicide Prevention Day"

**It's just a matter of
providing that helping hand,
just by being there for them.....**



**Look
Listen
Feel.....**

**SUPPORT MENTAL HEALTH AWARENESS
SANIDHYA PSYCHIATRIC HOSPITAL PALANPUR**

**They can't rescue you
if they don't know you
need it. Ask for help
to fight another day.**



Suicide Prevention Quotes
www.gocksonditty.com

**Just when the caterpillar
thought the world was over,
it became a butterfly. The
moment you're ready to quit
is usually the moment right
before a miracle happens.
Don't give up.**



Suicide Prevention Quotes
www.geckoandfly.com



**Tough times don't last,
tough people do. Everybody
wants to be a diamond, the
more it is cut, the brighter
it sparkles. Remember,
diamonds are created under
pressure from dirty coal.**



Suicide Prevention Quotes
www.gickandfy.com

**You may not understand
today or tomorrow, but
eventually God will reveal
why you went through
everything you did.**



Suicide Prevention Quotes
www.geckoandfly.com



**Suicide doesn't end
the pain, it just passes
it on to someone else.**



Suicide Prevention Quotes
www.geckoandfly.com



**Don't lose hope. When
the sun goes down,
the stars come out.**



Suicide Prevention Quotes
www.geckoandfly.com



**When things are
tough, you must
be tougher. Show
them that your life
can be better. Prove
them wrong.**

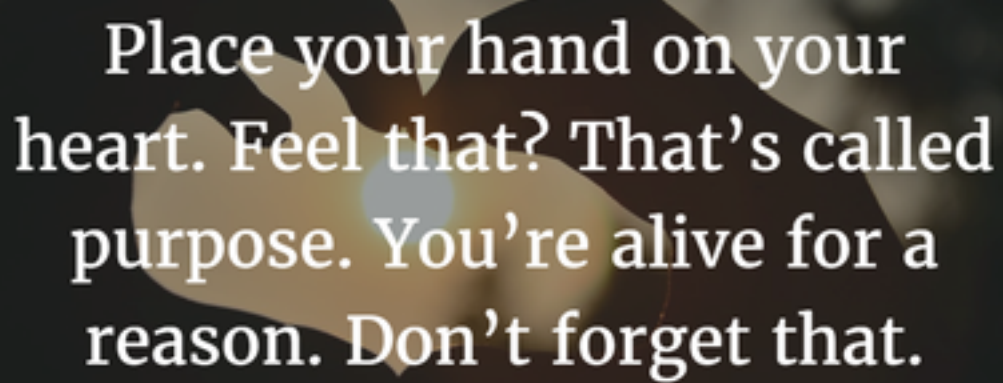


Suicide Prevention Quotes
www.geckoandfly.com

“The literal meaning of life is whatever
you're doing that prevents you from
killing yourself”

-Albert Camus



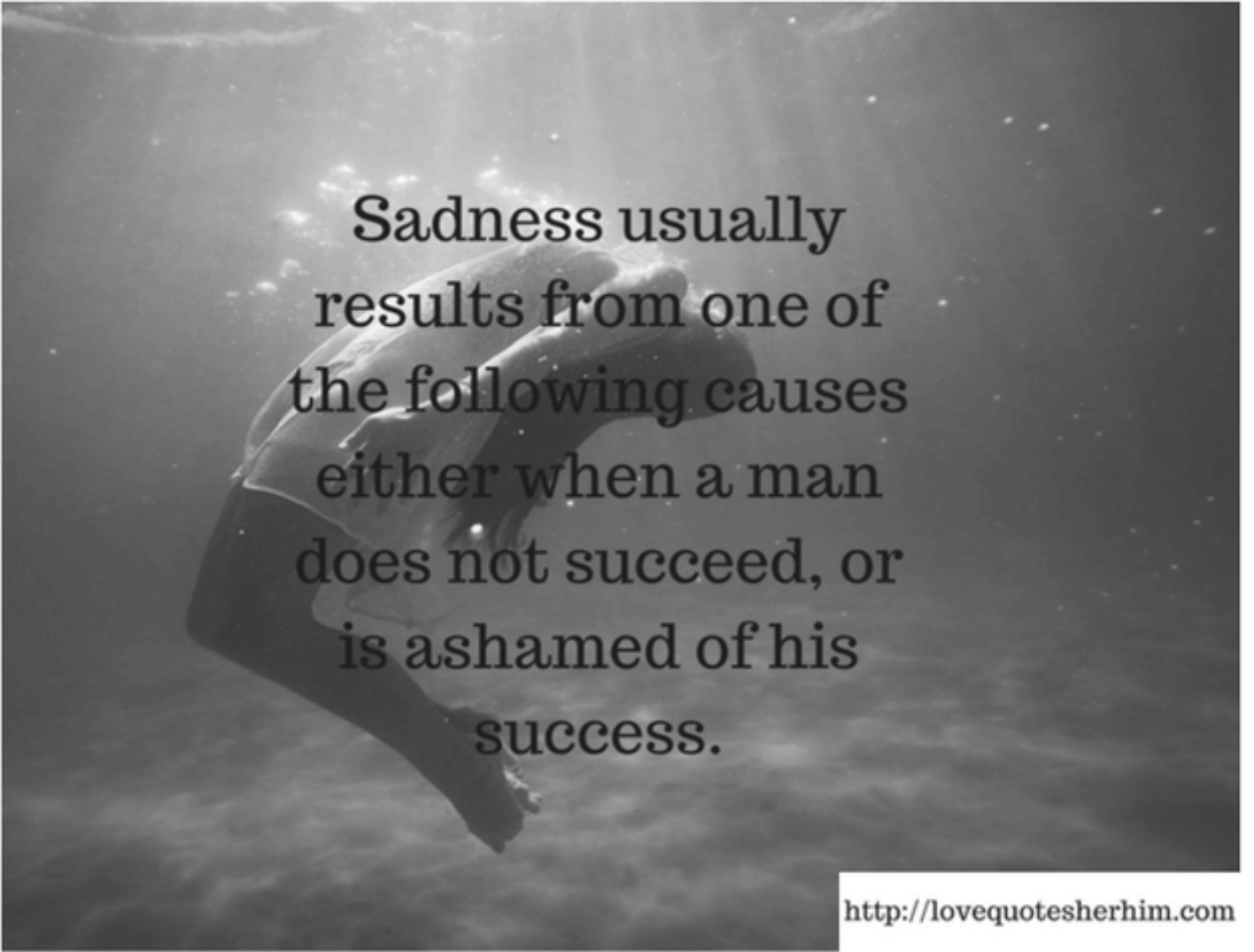


Place your hand on your heart. Feel that? That's called purpose. You're alive for a reason. Don't forget that.

Nothing is
permanent. Don't
stress yourself too
much because no
matter how bad the
situation is... it will
change.

e-buddhism.com





Sadness usually
results from one of
the following causes
either when a man
does not succeed, or
is ashamed of his
success.

<http://lovequotesherhim.com>

World Suicide Prevention Day Cycle Around the Globe




10th SEPTEMBER

Stigma: A Major Barrier to Suicide Prevention



**1 suicide
occurs every
40 seconds.**

 make a change.
spread love and hope.
you never know who you
could be **saving.** 