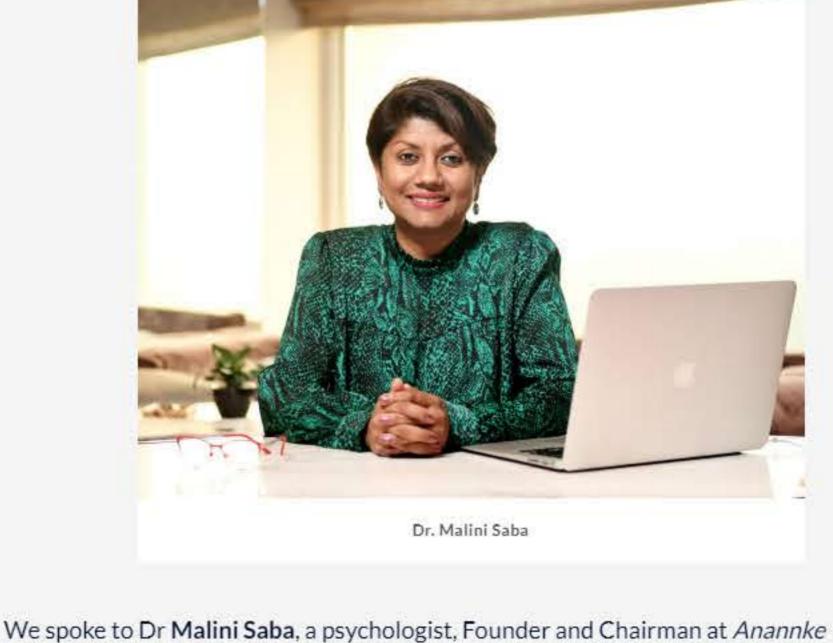


self-harm. Mental health is still in its infancy, especially in India, and the stigma around it can be very unnerving for many. However, asking for help is still an important step towards walking away from painful thoughts. On the positive side, mental health is slowly getting a glimmer of recognition with suicide

Asking for help is not easy, especially when it is to convey grim news about suicide and

being considered as a very serious matter, that can be tracked and nipped, right from the bud. There are family members, friends, mental health experts, NGO workers and counsellors, devoted to assisting those who are raging these battles alone.



having suicidal thoughts and here's what she had to say: If you are someone struggling with suicidal thoughts, understand that you are

not weak, but saddened and overwhelmed by life's pressure and constant

Foundation to understand how to approach loved ones and confide in them if someone is

make a fresh start again. **Keep This In Mind**

challenges. It is okay to be sad but it is vital to know that you have the strength to

drained and should not be considered a sign of weakness.

2. Asking for help is a sign of strength. 3. Suicide is not the only option.

4. A mental health expert is here to help and not patronize. There is nothing wrong with

1. You should not blame yourself! It is natural to feel physically, emotionally and mentally

- seeking help, despite the stigma around it.

of ending my suffering".

thinking of ending my life".

- 5. Not every friend or family member is strong enough to support some struggling mentally. Talk to other people and of course, a mental health expert.



About Your Suicidal Thoughts?

The second person cannot imagine what you might be going through or understand your

struggle. It is important to paint a picture for them, describing your difficulties and vulnerabilities in detail, helping them help you. Here's how you can let them know what's going on in your mind.

1. Having A One-On-One Conversation Start your conversation with statements like, "I need to tell you something very important. I am having suicidal thoughts. I feel that my life is really overwhelming and the pressure is unbearable. I am unable to handle the pressure and lately, have been thinking

You can also begin with, "I need your help. Everything seems too hard to handle and I am



reducing the shock factor that may come as a result of confession to suicidal thoughts.

4. Talking To A Crisis Line

Most families, who follow a particular faith, tend to be a part of common communities. If you are dealing with suicidal thoughts, talking to a spiritual leader or a leader figure in your own community can not only help step away from these thoughts but also connect you with your loved ones, explaining to them your struggle and hardships.

Mental health experts understand both ends of the coin and they are more adept at

Every country has a suicide line, operational for 24 hours where affected people can get in touch with trained counsellors who can help pave a path to telling loved ones and to a

3. By Connecting With The Faith Community

treatment plan with the local mental health expert.



loved ones and mental health experts plus the right treatment can help overcome issues related to suicidal thinking.

Mental health experts offer coping mechanisms customized for you, your thoughts and your approach to life. Talk about these strategies with your loved ones and include them in your treatment to make it easier to wage this war.

Final Takeaway

Overcoming suicidal thoughts is an uphill climb, but with the right support, those affected by the psychological issue can counter their own demons. It is important for loved ones to keep an eye out for the tell-tale signs and consult an expert to help rid their family or

friends of suicidal tendencies.

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