

Suicide: It is 100% preventable

When someone you know is going through a troubled time, be compassionate, listen, care, support, and facilitate treatment.

You matter. You are not alone. Help is available.

#LifelsPrecious #LetsTalk | Mental Health Care Act, 2017



#MentalHealthMatters #LetsTalk #HelpIsAvailable
Helpline KIRAN 1800-599-0019 (24x7)
Ministry of Social Justice and Empowerment

Ways To Promote Mental Health

Practice yoga and meditation



Be positive. Have a good work - life balance

Sleep well



Stay away from tobacco, alcohol and addictive substances

Keep active & engage in recreational activities



Talk about your feelings

Help is available. Stop the Stigma.

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Signs of Mental Illness In Adults

Difficulty in handling day to day activities



Feeling worried, anxious or stressed



Changes in sleeping and eating habits



Changes in feelings and uncontrolled emotions



Addiction to tobacco and alcohol



Having suicidal thoughts



There is help available. If you think you have these symptoms then visit JNU Health Centre.

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Depression: What You Should Know

Having
negative
thoughts



Persistent or
prolonged
sadness



Lack of interest in
tasks you enjoyed
previously



Feeling tired
easily



Thoughts of
Self Harm/
Suicide



Change of
sleeping and
eating habits



If you or someone you know have these symptoms for more than 2 weeks, please visit JNU Health Centre.

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