

# Help Prevent Suicide

## What can the person do :

- **Seek immediate help:**
  - Call the 24x7 helpline **112** for confidential support.
  - Tele-MANAS (14416 / 1800-891-4416) : Free, 24x7 mental health assistance available in 20+ languages.
- **Reach out to mental health professionals:** You can access government-certified help via Ayushman Bharat HWCs, DMHP (District Mental Health Programme centers) via MoHFW, NIMHANS (National Institute of Mental Health and Neuro Sciences), and eSanjeevani teleconsultation at <https://esanjeevani.mohfw.gov.in/>
- **Talk and share your feelings** with a family member, friend or teacher.
- **Avoid Isolation** and stay connected.



## What can the family do :

- **Listen without judgment.**
- **Offer emotional support.**
- **Encourage professional help.**
- **Approach Institutions** like Ayushman Arogya Mandirs and access mental health care at primary care levels.
- **Ensure safety** by removing or restricting access to potential means of self-harm (pesticides, sharp objects, medication).
- **Be vigilant** and watch out for warning signs (withdrawal, hopelessness, talking about death).
- **Stay connected**

If you or someone else is in immediate danger, don't wait- Call **112** (India's National Emergency Helpline) or go to the nearest hospital right away.

