

Every life matters

TIME FOR ACTION
WHAT EACH OF US CAN DO



REGIONAL OFFICE FOR

World Health
Organization
South-East Asia

Every life matters: Time for action – What each of us can do

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Acknowledgement

This publication has been conceptualized by Dr Nazneen Anwar, Regional Adviser, Mental Health, Department of Noncommunicable Diseases and Environmental Health, WHO Regional Office for South-East Asia (WHO-SEARO). Overall guidance has been provided by Dr Thamarangsi Thaksaphon, Director, Noncommunicable Diseases and Environmental Health, WHO-SEARO.

The book presents through art, an understanding of suicide and its impact on families and communities, and what each of us can do to prevent it.

We acknowledge and thank all the participating schools, institutes, and NGO's from New Delhi, India including Guru Nanak Public School, Punjabi Bagh; the New Green Field Public School; G.D Salwan Public School; and The Vilas condominium, DLF Phase-2, for organizing art campaigns to sensitize the young people on suicide prevention and promotion of good mental health. We also want to thank Springdales School, Dhaura Kuan; Vasant Valley School; Shri Ram Global School; Guru Harkrishan Public School; Artography Studio and Vivekananda Sevakandra-O-Shishu Uddyan (VSSU), for contributing beautiful artwork for this publication. We thank Mr Darpan Mandal for the cover page artwork. We are also happy to include in this publication illustrations by Matthew Johnstone from the posters on Preventing Suicide (pages 32-34) <https://www.who.int/health-topics/suicide/campaign-materials-handouts> – this important resource was developed by colleagues from WHO headquarters to educate people on what they can do to help prevent suicide. We have also included illustrations from the VOYCE team, created by Nitin and Loveleen Chawla, some of which were also part of the resources created by WHO-SEARO for the World Health Day 2017 campaign on 'Depression: Let's Talk' (illustrations on pages 30-31 and positive affirmations on pages 35-46).

Our special thanks to the VOYCE team for their commitment in representing mental health issues through art, and more specifically for this book, we appreciate their support in project coordination, creative design, and production.

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We extend our sincere thanks to the young artists from Bhutan, India and Indonesia for their beautiful and powerful artwork.

Foreword



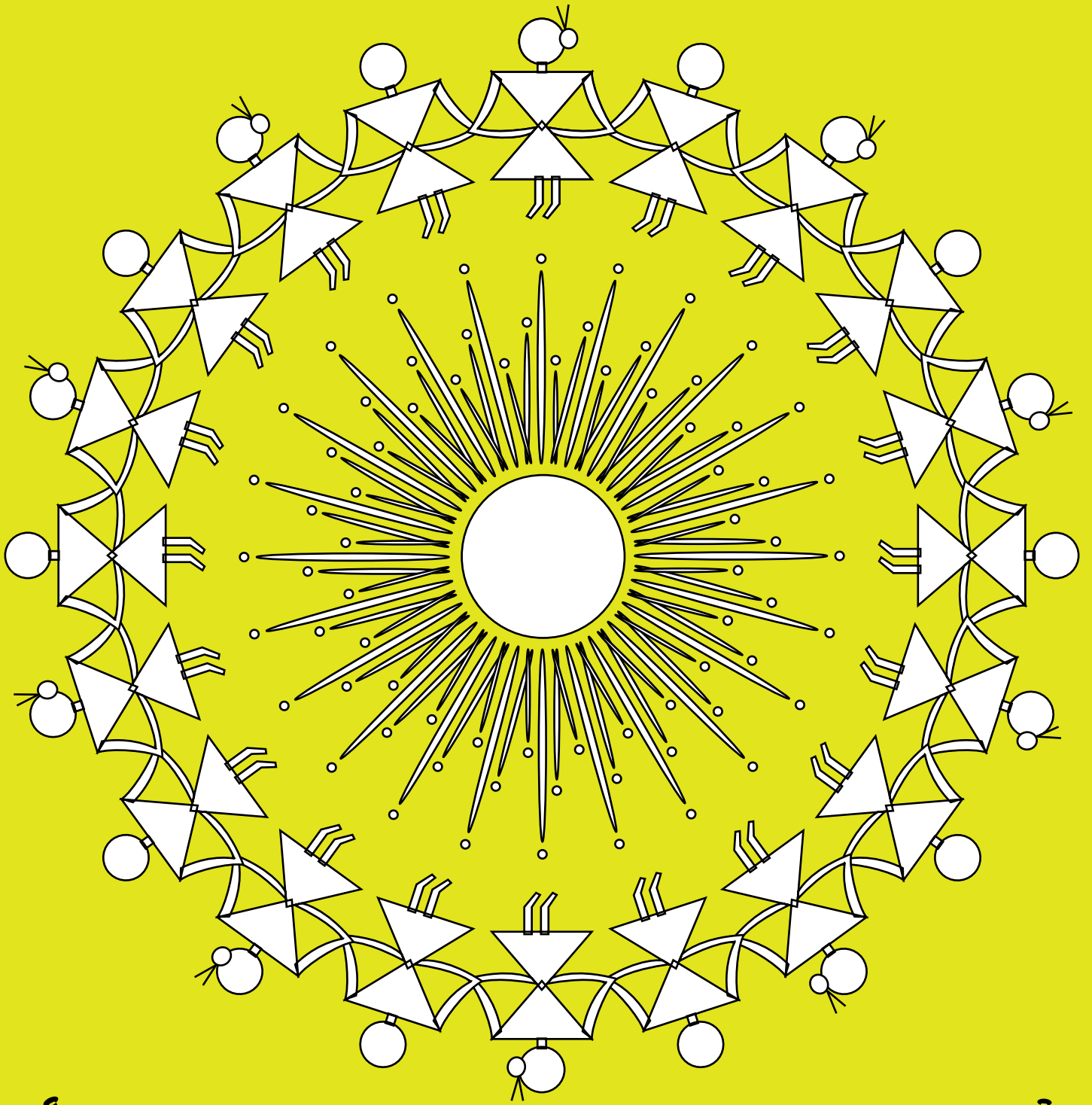
Suicides are preventable, and it is time to take action. Every country today should have a national suicide prevention strategy. Early interventions, crisis response, and culturally relevant aftercare and recovery are vital to addressing this global public health problem.

Across the South-East Asia Region, suicide must be talked about and discussed more openly so that more people feel confident in supporting others having suicidal behaviour or who are touched by suicide. Communities play a strategic role, and community action is critical to the reduction of deaths by suicide.

The onus lies with each one of us, starting from our own selves, then our family and friends, colleagues, co-workers, peers, associates, teachers, employers, institutes, health workers, policy makers, and government. We must empower and engage and take action to raise awareness on how each one of us can prevent suicides. I hope this book contributes to this process, helping to save lives and create a happier, safer and healthier environment for all.

A handwritten signature in black ink, reading 'P. Khetrapal'.

Dr Poonam Khetrapal Singh
Regional Director
WHO South-East Asia Region



Time for ACTION



what each of us can do



Darpan Mandal, 32

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