

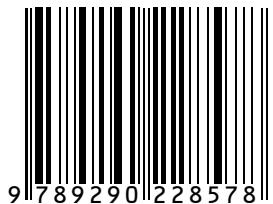
# **Every life matters**

## UNDERSTANDING SUICIDE AND ITS IMPACT



Every life matters: Understanding suicide and its impact

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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, Daula Kuan; Vasant Valley School; Shri Ram Global School; Guru Harkishan Public School; Artography Studio and Vivekananda Sevakendra-O-Shishu Uddyan (VSSU), for contributing beautiful artwork for this publication. We thank Mr Darpan Mandal for the coverpage artwork.

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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



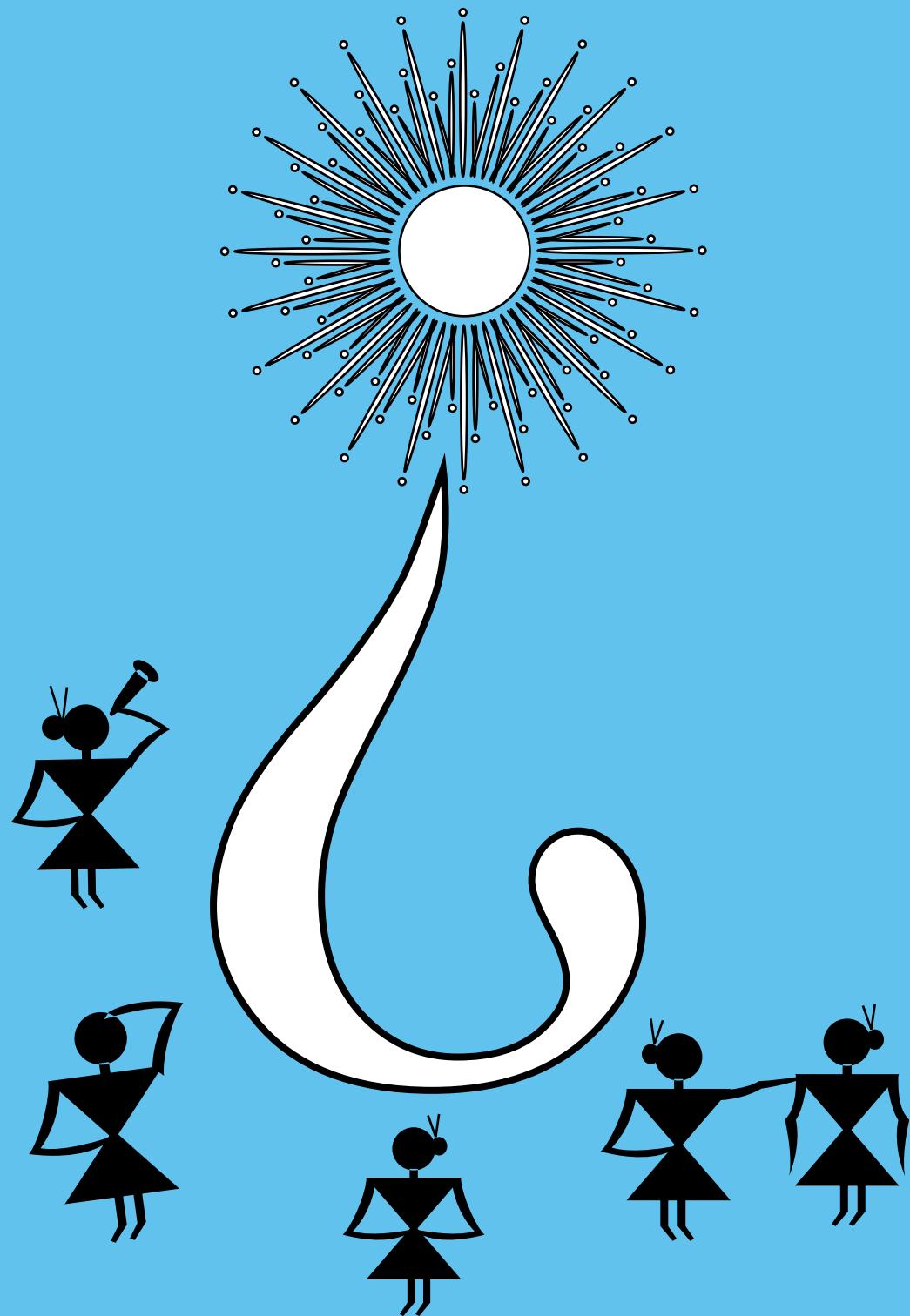
Every 40 seconds we loose a precious life to suicide. About 800 000 people globally die by suicide every year. As much as 20 times that number may attempt suicide. Alarmingly, adolescents and young adults are highly vulnerable; suicide is the second leading cause of death in this age group.

But suicides are 'preventable', and much can be done to prevent suicide at the individual, community and national levels. I hope that this illustrative book encourages public discussion and brings to attention the important role that each one of us can and must play in preventing suicide. Every life matters, and with awareness, commitment and action, together we can save lives and create a happier, safer and healthier environment for all.

A handwritten signature in black ink, appearing to read 'Khetrapal'.

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





# **Understanding** *suicide and its impact*



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