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Children's Research University Guidelines for Mental Health & Suicide Prevention

Prevention of mental illness and reduction of suicide and attempted suicide

1 Address stigma, discrimination, and exclusion

- 1.1 Enable access to treatment and to other care-giving facilities to promote early recovery.
 - 1.2 Encourage persons with mental health problems to actively and fully participate in social and economic activities.
 - 1.3 Ensure there is no discrimination against persons with mental health problems in all aspects of seeking and retaining work, including participating in all work-related activities. Mental disorders should be treated as a disability and suitably factored into employment policies.
 - 1.4 Create an environment where persons with mental health problems are enabled to take part in regular activities (e.g. operate bank account, obtain identity documents, obtain a driving licence, write a will, etc.) and are not discriminated against. Mental disability should be treated on par with any other form of disability.
 - 1.5 Amending and/or replacing policies, laws, and regulations that discriminate against persons with mental illness.
 - 1.6 Facilitate education for person(s) with mental health problems to improve their employability.
 - 1.7 To undertake communication programmes to reduce stigma
 - 1.8 Police and judicial officers should be sensitised on mental health and its interface with legal issues.
- 2 Implement programmes to address alcohol abuse and other drugs of abuse Specific action plan should be formulated to reduce the consumption and abuses of alcohol and other addictive substances. The action plan should include taxation, licensing, production and other relevant issues. Substance use and abuse is a problem of significant proportion hence should be addressed on priority.

ONGOING SUICIDE PREVENTION INITIATIVES

Considering the devastating consequences suicide have at a personal and societal level, efforts to prevent them are underway at a global and national level.

WHO guidance on suicide prevention

WHO recommends four key interventions which have been proven to be effective:

1. Restricting access to means for suicide
2. Working with the media to ensure responsible reporting of suicide
3. Helping young people develop skills to cope with various stressors of daily life



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4. Early identification and management of people who are suicidal or who have made a suicide attempt, and keeping contact with them in the short and long term to ensure follow-up.

More Details & Guidelines: Please visit the site below.

Mental Health Policy- https://nhm.gov.in/images/pdf/National_Health_Mental_Policy.pdf

UMMED HELP LINE – 1800110150 support-umeed@gov.in

MANODARPAN- <https://manodarpn.education.gov.in/index.html>

National Suicide Prevention Strategy -

<https://cdnbbsr.s3waas.gov.in/s3bc88bb2c377261b0336312714b96fcfd/uploads/2025/04/20250507983470082.pdf>

Registrar

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