



BCM SCHOOL, CHANDIGARH ROAD, LUDHIANA

A Senior Secondary school of BCM Foundation

Affiliated to CBSE, New Delhi

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Campus Connect

WORLD SUICIDE PREVENTION DAY: A CALL FOR HOPE

Every year, September 10th is observed as World Suicide Prevention Day, a reminder that every life is precious and that even small acts of kindness can save lives. Suicide is not a sign of weakness but a cry for help, often rooted in overwhelming stress, depression, or feelings of isolation.



Myths vs Facts:

Myth: People who talk about suicide will not actually do it.

Fact: Most people give warning signs. Taking them seriously can save lives.

Myth: Asking someone about suicide can put the idea in their mind.

Fact: Research shows it opens the door to support and reduces risk.



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How We Can Prevent Suicide:

Prevention begins with awareness. Checking in on friends, listening without judgment, encouraging healthy coping strategies, and guiding them towards professional help are powerful steps. Communities, schools, and families can play a huge role in breaking the stigma around mental health.

Role of Therapy and Counselors:

Therapists and counselors provide a safe, confidential space where individuals can express their deepest struggles. Through techniques like cognitive-behavioral therapy, emotional support, and crisis intervention, they help people find healthier ways to cope and rebuild hope. Most importantly, they remind individuals that they are not alone.

Global Overview

- The World Health Organisation (WHO) estimates that in 2021, approximately 727,000 people died by suicide worldwide—accounting for about 1 in every 100 deaths.
- Suicide is the third leading cause of death among people aged 15 to 29 years globally.
- The majority (73%) of global suicides occur in low- and middle-income countries.
- For every completed suicide, there are estimated to be 20 attempts.
- Although global age-adjusted suicide rates fell by around 12% between 2015 and 2021, this decline falls short of WHO's target of a one-third reduction by 2030.

On this World Suicide Prevention Day, let us pledge to replace silence with support, judgment with compassion, and hopelessness with hope.



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