

# **WORLD SUICIDE PREVENTION DAY**

## **Theme: “Changing the Narrative on Suicide”**

On the occasion of World Suicide Prevention Day, our school organized an awareness session on the theme “Changing the Narrative on Suicide.” The program aimed at sensitizing students about mental health issues and the importance of seeking help in difficult times.

During the session, it was highlighted that many students face different kinds of fears such as exam anxiety, personal issues, or other pressures. Often, these worries remain unspoken and can harm mental well-being. The resource persons and teachers encouraged students to openly share their concerns with elders, family members, friends, and teachers instead of keeping them to themselves.

The program inspired students to understand that talking and sharing is a sign of strength, not weakness. By creating a supportive environment, we can help prevent stress from turning into something more serious.

Overall, the event successfully raised awareness about mental health and suicide prevention, urging everyone to support and listen to each other.

**Regards**

**PPS Brahman Majra**