



It's '**World Suicide Prevention Day**' and to say that suicide in India is stigmatised would be an understatement. The fight against this stigma must start with us taking the lead as a community and convey to each person who might be fighting tragic thoughts in mind, be it big or small, that 'You Are Not Alone'.

Also, here's the most important part. More than saying it, we need to mean it and make it impact-driven and how do we do that? By becoming aware and equipping ourselves with basic skills to identify someone who might be suicidal and extend support.

To kickstart your journey of suicide prevention and becoming saviours, here's an e-learning module to help you on your way ahead.

After all, the first step is all it takes to make a difference. So go ahead -

KICKSTART YOUR LEARNING

Remember, **#YouAreNotAlone** and if you have any concerns or queries, please feel free to write to us at [corporate@yourdost.com](mailto:corporate@yourdost.com).

**Standing with you,  
SRCC Counseling Services &  
Team YourDOST**

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