

WORKSHOP OBSERVATION REPORT.

TITLE: SUICIDE PREVENTATION CAPACITY BUILDING PROGRAM.

DATE: 04.10.2025.

VENUE: Sr. ANTONITTE SEMINAR HALL, AUXILIUM COLLEGE (AUTONOMOUS), VELLORE.

ORGANIZED BY: DEPARTMENT OF PSYCHOLOGY.

OBJECTIVE:

To equip participants with knowledge, skills and resources necessary to identify, support and refer individuals at risk of suicide and to build a supportive community that promotes mental health and well-being.

SPECIFIC OBJECTIVES:

1. Increase knowledge:

Participants will understand the warning signs of suicide, risk factors and protective factors.

1. Develop skills:

Participants will learn how to identify and approach individuals at risk and how to provide supportive responses.

1. Build confidence:

Participants will feel more confident in their ability to support individuals at risk and refer them to appropriate resources.

1. Foster a supportive community:

Participants will understand the importance of creating a supportive community that provides help and promotes mental health.

SESSIONS:

1. Dispelling myths and facts about suicide.
2. Assessment- warning signs, risk and protective factors.
3. Intervention- how to ask questions, case based discussions and demonstrations.

INTERACTIVE ELEMENTS:

1. Group activity on presenting the cues of suicidality.
2. One-to-one counselor- counselee role play for intervention.
3. Assessment based on real life case studies.

SUMMARY:

Our suicide prevention capacity building program workshop empowered participants with the knowledge, skills and resources to identify, support and refer individuals at risk of suicide. Through interactive sessions and expert guidance, participants gained a deeper understanding of warning signs, risk factors and protective factors. They develop essential skills to approach and support individuals at risk and learned how to create a supportive community that promotes mental health and well-being. By building confidence and fostering a sense of community, we aim to reduce stigma and promote a culture of care and compassion.

KEY OUTCOMES:

1. Increased awareness of suicide prevention strategies.
2. Improved skills in identifying and supporting individuals at risk.
3. Enhanced confidence in referring individual to appropriate resources.
4. A supportive community that promotes mental health and well-being.

IMPACT:

By equipping participants with necessary knowledge, skills and resources, we can create a ripple effect of support and care in our communities, ultimately contributing to reduction in suicide rates and improved mental health outcomes.

PATRON: Dr. Sr. Mary Josphine Rani, Secretary.

CONVENOR: Dr. Sr. Arokiya Jayaceli, Principal.

CO-CONVENOR: Dr. Sr. Amala Valarmathi. Vice-principal.

ORGANIZING TEAM:

Dr. Elsamma Cherian. Academic co-ordinator, Dept of Psychology.

Dr. James Ranjith. P

Ms. Yasinabanu Mubarak.

Ms. Swarnamalya. P

Ms. Angel. D

Asst. Professors, Department of Psychology.



 **GPS Map Camera**

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Road

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X43X+X4H, 17th East Main Rd, Suthanthira
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