

The Sikkim State Legal Services Authority (Sikkim SLSA) under the directions of Hon'ble Mrs. Justice Meenakshi Madan Rai, Judge, High Court of Sikkim & Executive Chairperson, Sikkim SLSA organized a training programme for the Counselors of Rehabilitation Centres who are manning the "**24x7 Crisis Centre-cum-Suicide Prevention helpline number (18003453225 and 03592-202111)**" made available by the STNM Hospital on **30th May, 2023 (Tuesday)** at **11:00 a.m.** in the **office of Sikkim SLSA**.

Resource Person Dr. Sonam O. Lassopa, Senior Clinical Psychologist, New STNM Multispecialty Hospital, Sochakgang, Gangtok spoke on Suicide Prevention: Risk Assessment & Safety Planning i.e. methods pertaining to dealing with suicides, coping with suicide and re-addressing suicides. Deliberations were also made on the statistics of suicide rate in Sikkim, probable reasons behind suicides, indicators/warning signs on suicidal tendencies, assessing risk factors, safety planning and myths vs. facts. The programme ended with vibrant interaction between the participants and the Resource Person.

The programme was attended by the Counselors from Freedom Facility, Tathangchen, Serenity Home, Lower Burtuk, Rehabilitation & Detoxification Society, Nimtar, Jagriti Integrated Rehabilitation Centre, Sichey and Sanjeevani Rehabilitation Centre, Boomtar, South Sikkim.

It is for information of the public that any distressed person can seek help by calling on the **24x7 Crisis Centre-cum-Suicide Prevention helpline number "18003453225 and 03592-202111"**.