


Edition: September 2021

# HEALTHLINE

Paramount's Monthly Magazine



*Take your time healing,  
as long as you want.  
Nobody else knows  
what you've been  
through. How could  
they know how long it  
will take to heal you?*

*-Abertoli*

*World Suicide  
Prevention Day*

*Suicide Prevention  
Helplines*

*Stress Relieving  
Techniques*

*Exercise and  
Mental Health*





## WORLD SUICIDE PREVENTION DAY

Established in 2003, World Suicide Prevention Day was in conjunction with the World Health Organisation (WHO). The day aims to create awareness about prevention of suicide, and educating individuals about mental health. In India, where mental health still remains a taboo subject, this conversation remains even more important. According to data acquired in 2019, the National Crime Records Bureau reported that 1.39 lakh suicides in that year. With right interventions, suicide is preventable. Let's look at some strategies to follow.

### Identify and assist persons at risk:

Those who need help often do not seek for support. It is important to recognise signs and symptoms of those struggling with mental health and provide adequate support and care to them.



### Increase help seeking

Educate and enable people to understand that seeking help is normal and crucial in times of need.

### Ensure access to effective mental health, suicide prevention and treatment

It is important that those at risk have a timely intervention with access to treatment and care.

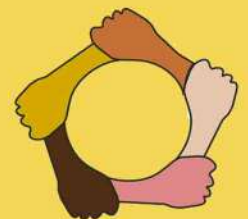


### Respond effectively to individuals in crisis:

Individuals can get basic training in being gatekeepers of suicide prevention. There are some organisations that train individuals to respond effectively to those at risk.

### Enhance life skills and resilience:

Helping people build stress management and coping skills can come in handy in times of need. Along with asking Teaching them to seek help is also important in self-care and stress management.



If you or anyone you know needs help, you may check the following page for some important helpline numbers.



## DISTRESS/SUICIDE PREVENTION HELPLINES\*

(\*Most Checked June 2019; updated on a rolling basis)

LOCATION	ORGANISATION	NUMBER	HOURS OF OPERATION + NOTES
ALL-INDIA	GOVT MH Rehabilitation HELPLINE 'KIRAN'	18005990019	24/7
	VANDREVALA FOUNDATION	9999666555	24/7 Whatsapp Chat: +1(256)6662141 Email help@vandrevalafoundation.com if you don't get through and expect a call-back
	FORTIS HOSPITAL NATIONAL HELPLINE	8376804102	24/7 (Multilingual)
BANGALORE	SAHAI	080-25497777	
CHENNAI	JEEVAN SUICIDE PREVENTION HOTLINE	044-26564444	
	SNEHA	044-24640050	help@snehaindia.org
DELHI	SANJIVINI SOCIETY FOR MENTAL HEALTH	24311918, 243118883	sanjivini1971@gmail.com
GANGTOK	SIKKIM HELPLINE NUMBER	1800-3453225 /03592-202111	sanjivini1971@gmail.com
HYDERABAD	ONE LIFE	78930 78930	
KOCHI	MAITHRI	91-484 -2540530	
KOLKATA	SERVE	9830785060	10 am to 10pm all days/ Caters to pan-India calls; Email: contact@lifelinefoundation.in/ Site: www.lifelinefoundation.in
	DEFEAT DEPRESSION	9830027975	
	CLIPPINGS	9830027976	
	LIFELINE FOUNDATION	+91 9088030303 & 03340447437	
MUMBAI	SINGING SOULZ	9892003868	3-9 PM (all days)/ Email: talk2samaritans@gmail.com  You can call and speak anonymously and confidentially, or visit the centre for a personal meeting in Mumbai, with a prior appointment. Address: 402, Jasmine, Opp Kala Kendra, Dadasaheb Phalke Road, Dadar(E), Mumbai 400014
	SAMARITANS	84229 84528/ 84229 84529 / 84229 84530	
NAGPUR	NAGPUR SUICIDE PREVENTION HELPLINE	8888817666	



## Stress relieving techniques



**Breath focus.** In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). As you breathe, you gently disengage your mind from distracting thoughts and sensations. Breath focus can be especially helpful for people with eating disorders to help them focus on their bodies in a more positive way. However, this technique may not be appropriate for those with health problems that make breathing difficult, such as respiratory ailments or heart failure.

**Body scan.** This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection. If you have had a recent surgery that affects your body image or other difficulties with body image, this technique may be less helpful for you.



**Guided imagery.** For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes—just make sure to choose imagery you find soothing and that has personal significance. Guided imagery may help you reinforce a positive vision of yourself, but it can be difficult for those who have intrusive thoughts or find it hard to conjure up mental images.

**Mindfulness meditation.** This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future. This form of meditation has enjoyed increasing popularity in recent years. Research suggests it may be helpful for people with anxiety, depression, and pain.



**Yoga, tai chi, and qigong.** These three ancient arts combine rhythmic breathing with a series of postures or flowing movements. The physical aspects of these practices offer a mental focus that can help distract you from racing thoughts. They can also enhance your flexibility and balance. But if you are not normally active, have health problems, or a painful or disabling condition, these relaxation techniques might be too challenging. Check with your doctor before starting them.

**Repetitive prayer.** For this technique, you silently repeat a short prayer or phrase from a prayer while practicing breath focus. This method may be especially appealing if religion or spirituality is meaningful to you.





# Exercise and mental health

## Exercise and depression

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication—but without the side-effects, of course. As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing.

Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

**BEFORE  
WORKOUT**

**AFTER  
WORKOUT**



## Exercise and anxiety

Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out.

Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element—really focusing on your body and how it feels as you exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head



Research Courtesy: Help Guide

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