

LGBRIMH Newsletter – Special Feature

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Changing the Narrative: One Institute, One Conversation

On 10 September 2026, every corner of LGBRIMH – from seminar halls to hospital wards – joined the global observance of World Suicide Prevention Day. Under the theme “Changing the Narrative on Suicide” and the call to action “Start the Conversation”, departments across the institute organised seminars, ward talks, poster sessions, video screenings and interactive quizzes, reaching well over a hundred patients, attendants, students and staff in a single day. The observance was conducted as part of the Swachhata Special Campaign 5.0 and the institute's observation of national health days.

Highlights from the Departments

Central Laboratory: A one-hour seminar at the MMLS Seminar Hall led by MMLS Tutor Ms. Kasturi Bhagawati on warning signs and the helping role of laboratory professionals, capped by a lively MCQ quiz for faculty, staff and MMLS students.

Psychiatric Nursing: Ward-level education by Dr. Nurnahar Ahmed for thirty patients and families at the Female Ward, an OPD awareness drive, and – with the GMH Department – a poster and myths-of-suicide session guided by Nursing Tutor Mrs. Chitra Bora for twenty-one participants.

Psychiatry: Parallel sessions in the OPD and male and in-patient wards on the burden of suicide, identifying risk and taking immediate life-saving steps, with open Q&A.

Child & Adolescent Psychiatry: An OPD programme with indoor and outdoor young patients and their guardians, which received warm feedback.

DAM Indoor & Forensic Ward: Bedside-level awareness for nineteen patients and attendants at DAM Indoor, and a focused session led by Ward Sister Ms. Purnima Narzary at the Forensic Ward.

Geriatric Mental Health: An in-patient session on myths, early warning signs and responding with empathy during emotional crisis.

Psychiatric Social Work: Screening of two awareness videos followed by an open discussion with twenty-five trainees, scholars and faculty, facilitated by Dr. Marinella H.,

Ms. Nijara and Ms. Anjitha — covering myths and facts, crisis intervention, active listening and helplines.

The Message We Carry Forward

If one idea echoed through every session, it was this: silence around suicide protects no one. Checking in on a colleague, listening without judgement, and guiding someone to professional help are small acts that save lives. LGBRIMH reaffirms its commitment to mental-health promotion — not just on 10 September, but every day. Start the conversation.



Awareness session under way at the Psychiatry OPD, LGBRIMH.



M.Sc. Nursing trainees' poster session on suicide-prevention myths at the Geriatric Mental Health ward.