REPORT ON WORLD MENTAL HEALTH DAY 2019

The Department of Psychology, Rajiv Gandhi University and the National Social Service Cell, RGU jointly observed World Mental Health Day, 2019 with the theme "Mental health promotion and suicide prevention" on 10[th]October, 2019 through various awareness activities at Doimukh and the University campus.

The daylong event comprised of poster presentations on various mental health issues, flash mob and street play on suicide prevention and open discussions with the audience to promote mental health. The event targeted various groups of people ranging from school, university students and general public. The program began with a flash mob followed by street play atDoimukh market, and taxi stand which was witnessed by a large number of crowd.Furthermore, awareness on suicide prevention and an open discussion with school studentswas also carried out at DoimukhHigher secondary school. Later during the day, University students at RGU campus was also educated about the prevalence and preventive measures of suicide. The team also interacted and performed for the workers residing at the

university premise. The team also made the audience aware about the various resources for help centres available in the state such as Midpu Mental Health Centre, TRIHMS and Department of Psychology, RGU.

The main awareness program such as flash mob, street play and poster presentation was performed by the students of M.A. psychology of 1st and 3rd semester and the faculties of the department interacted with the audience in an open discussion. Through this program, the department highlighted that suicide is a common phenomenon in the state and highlighted the importance of not stigmatizing mental health issues. The loss of societal resources through youth suicides was also asserted and people were encouraged to realize that reaching out for help is the right option and not ending their lives.

The program had been covered by various local daily newspapers and local news channels. The links for the coverage are given below:

http://arunachal24.in/arunachal-rgu-observes-world-mental-health-day/

https://www.facebook.com/2152633281675231/videos/2434712436742629/

https://thedawnlitpost.com/world-mental-health-day-observed/