

# Outline

Engaging young people to address suicide prevention in India



सुसाइड को रोकना  
असंभव नहीं है।  
जमम पर मदद  
और सहाय देना  
से मुमकिन है।

सुसाइड को रोकना  
असंभव नहीं है।  
जमम पर मदद  
और सहाय देना  
से मुमकिन है।

Suicidal thoughts are  
temporary.

सुसाइड को रोकना  
असंभव नहीं है।  
जमम पर मदद  
और सहाय देना  
से मुमकिन है।

सुसाइड को रोकना  
असंभव नहीं है।  
जमम पर मदद  
और सहाय देना  
से मुमकिन है।

आमतौर पर सुसाइड  
से पहले, व्यक्ति  
में घेतावनी संकेत  
जहाँ दिखाते-  
दिखते हैं।

Asking someone  
if they're feeling  
suicidal, plants the  
idea in their heart  
can help  
them express their  
feelings.

**Suicide is the leading cause of death in young people aged 18 to 24 years in India.\***

Multiple factors contribute to youth suicides in India. These include **academic pressure, discrimination, relationship conflicts, unemployment, substance use and violence.**

Young people also experience challenges such as **lack of youth-centric support services, stigma and confidentiality concerns** that prevent them from receiving timely help.

Despite this, in India, **very few suicide prevention programs exist that are tailored to the preferences of young people.**

\*BASED ON NATIONAL ESTIMATES REPORTED BY THE INDIA STATE-LEVEL DISEASE BURDEN INITIATIVE SUICIDE COLLABORATORS (2018)

# About Outlive



## OUTLIVE'S CORE INTERVENTIONS

Outlive addresses urban youth suicides in India by engaging young people aged 18 to 24 years, in particular youth with experiences of suicide, distress or mental health problems. Outlive is led by the **Centre for Mental Health Law & Policy, Indian Law Society** and developed in collaboration with **Sangath & Quicksand Design Studio**.

The program was developed with a Young People's Advisory Group (YPAG) and 48 young people through co-design workshops. These youth belonged to diverse groups including those with lived experiences related to suicide and marginalisation.

Outlive has been designed with the understanding that a "one size fits all" approach does not apply to youth suicide prevention. Our approach combines youth participation and engagement to tackle stigma, increase access to youth-centric services and facilitate policy changes for preventing youth suicides.

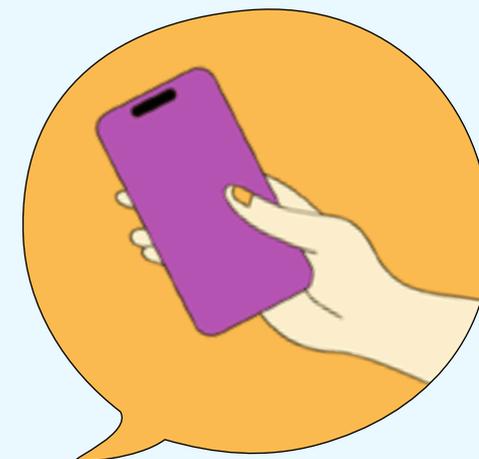


### Public Engagement Campaign

Supporting young people with suicide prevention resources and stories of hope

### Outlive Chat

Saving young lives through chat-based peer support



### Youth Action for Suicide Prevention (YASP) Fellowship

Empowering youth leaders in policy and governance for suicide prevention



# Public Engagement Campaign

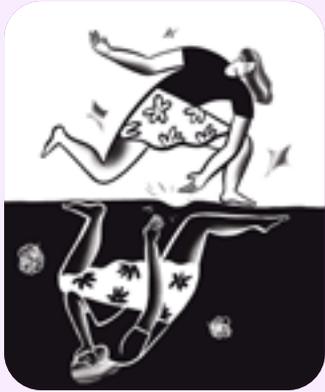
Outlive's public engagement activities address stigma and lack of information on youth suicide prevention by increasing awareness, challenging common myths and sharing youth-centric resources to support oneself and others.



## Workshops and Public Events

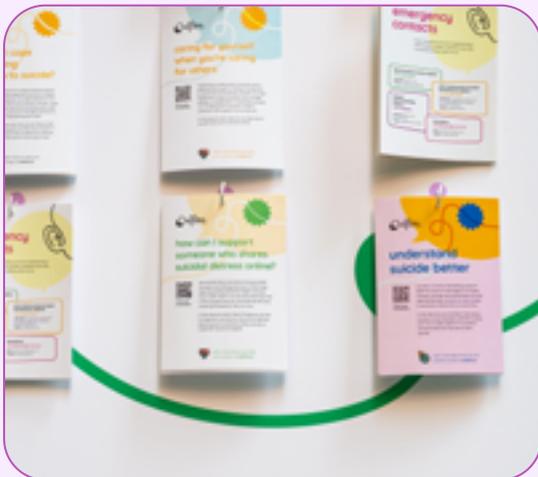
Sensitization sessions, interactive workshops & poster campaigns in higher educational institutions, communities and youth spaces.





## Stories of Hope

Short films, blogs & artwork capturing young people's lived experiences related to suicide, recovery, and hope.



## Suicide Prevention Resources

Multilingual resources on youth suicide prevention available at [www.outlive.in](http://www.outlive.in)

# Outlive Chat

India currently has very few youth-centric suicide prevention support services. Outlive addresses this gap through Outlive Chat—**a free and anonymous** peer support helpline for young people in distress or having thoughts of ending their life.

Outlive trains youth volunteers as peer supporters to provide chat-based emotional support and suicide prevention resources through the Outlive Chat web-app.

# 40 hours

Online training with mentoring and supervision from trained peer mentors

### Role of Peer Supporters

Provide emotional support

Support in developing safety plans

De-escalate crisis situations

Make referrals to helplines & psychosocial services for further support



### OUTLIVE CHAT FEEDBACK

Before Outlive, I was unable to help an at-risk person. There was no help that I could provide other than listening to their problem. But now, at least I have helplines and exercises to help them in distressing times. This has also helped me during times when I felt stressed out, and it was very helpful.

OUTLIVE PEER SUPPORTER

I'm feeling much better and lighter after talking to them. They made me feel comfortable and ensured the confidentiality of our conversation.

SUPPORT SEEKER

I shared a few things that I never ever spoke about. I'm feeling a little better. My peer supporter validated me, and I needed someone to do that.

SUPPORT SEEKER

Volunteering with the Outlive Peer Support Program has deeply impacted me. I've learned how to truly listen to people in distress and create a safe space for them using the AFSHA model. This experience helped me reflect on my own reactions and build empathy by understanding different perspectives.

OUTLIVE PEER SUPPORTER

The peer supporter was very supportive and reassured me exactly the way I wanted to be reassured.

SUPPORT SEEKER



# Youth Action for Suicide Prevention Fellowship



Thank you for keeping me alive. The people who work on this platform are very patient, and some even go the extra mile to make me feel like not ending my life.

I owe you people.

**SUPPORT  
SEEKER**

Outlive and the training I received has enabled me to be there for people in my life who are fighting silent battles. I can respond to their miseries in a more mature and appropriate way. It also helped me become a better person. I'll keep the training I received through this platform in my mind while interacting with someone going through sensitive issues.

**OUTLIVE PEER  
SUPPORTER**

Outlive's YASP Fellowship is a leadership program that strengthens the capacities of youth leaders to engage with policymakers and participate in policy making for youth suicide prevention.

The YASP Fellowship comprises hybrid foundational training and individual mentoring for YASP Fellows to develop skills such as understanding youth suicides as a governance issue, identify community & policy gaps, and develop strategies to engage policy makers to prevent youth suicides through governance and policy mechanisms.



## Foundational Training

Fellows receive foundational training on youth suicide as a policy issue, policy engagement strategies, and engagement skills.



## Design and Implement Action Plans

Fellows identify their community's needs, identify policy solutions & action plans to engage with policy makers.



## Individual Mentoring & Support

Fellows are provided with mentorship, financial support and networking support to engage with policymakers and community stakeholders.



Outlive's YASP Fellows belong to diverse communities across including Delhi, Mumbai, Pune, Jaipur, Raipur, Bhubaneswar, Srinagar & Gangtok. The YASP Fellowship is expanding to other tier- and tier-2 cities in India.

The YASP Fellowship is the first of its kind youth leadership program (in India and globally) dedicated specifically to youth participation in policy making for youth suicide prevention.

Selected as a top solution (Models for Youth Centric Governance) under Call For Solutions, an initiative jointly led by the 10to19 Dasra Adolescents Collaborative and YuWaaah (Generation Unlimited India) at UNICEF.



# Impact

## PUBLIC ENGAGEMENT CAMPAIGN

7,120+

YOUTH REACHED VIA AWARENESS EVENTS AND WORKSHOPS

11

MULTI-LINGUAL RESOURCES ON SUICIDE PREVENTION

40

STORIES OF HOPE AND RECOVERY FROM YOUNG ADULTS, VIA VIDEOS, BLOGS, INTERVIEWS & ARTWORK.

## OUTLIVE CHAT

13,330+

VISITORS TO OUTLIVE CHAT & 1,654 CHATS WHERE PEER SUPPORTERS PROVIDED SUPPORT TO YOUTH IN DISTRESS

169

YOUTH TRAINED AS PEER SUPPORTERS

17

YOUNG PROFESSIONALS RECRUITED & TRAINED AS PEER MENTORS.

## YASP FELLOWSHIP

20

YASP FELLOWS TRAINED

20

POLICYMAKERS ENGAGED

9

POLICY SOLUTIONS PROPOSED

1000+

STAKEHOLDERS ENGAGED



Outlive has been recognised as a good practice

example of participatory approaches to service design (involving young people) by the



World Health Organization and UNICEF



SCAN THE QR CODE TO KNOW MORE



## Outlive Activities for Higher Educational Institutions, Community Organisations and Youth Groups

OUTLIVE ALSO OFFERS A PACKAGE OF YOUTH SUICIDE PREVENTION ACTIVITIES FOR HIGHER EDUCATIONAL INSTITUTIONS, COMMUNITY-BASED ORGANISATIONS AND YOUTH NETWORKS RANGING FROM INTERACTIVE SENSITISATION SESSIONS, PEER SUPPORT PROGRAMS, AND GATEKEEPER TRAINING FOR FACULTY AND NON-TEACHING STAFF.

### Large hall sensitisation sessions for youth

- 60-minute sensitisation sessions for 100+ youth
- Understand youth suicide prevention
- Suicide prevention resources for youth

### Interactive suicide prevention workshop

- 2-hour interactive workshop for 25 young people
- Learn strategies to support oneself and others
- Suicide prevention resources for students

### Outlive booth at college fests & youth events

- Interactive booth at student fests and youth events
- Suicide prevention resources, handouts and myth-busting posters
- Sign up for Outlive's programs as a volunteer

### Peer Support Training

- Training and mentoring youth volunteers as peer supporters to provide chat-based or in-person peer support
- Onboard trained peer supporters on Outlive Chat's web-app

### Gatekeeper training for faculty and non-teaching staff

- Gatekeeper training for faculty, and non-teaching staff to prevent youth suicides
- Training on 'postvention' after a suicide death or attempted suicide

Know more  
about Outlive

[www.outlive.in](http://www.outlive.in)



For enquiries, contact  
[contact@outlive.in](mailto:contact@outlive.in)

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