









TEEN SUICIDE WARNING SIGNS

- Irritability, anger or hostility
- Withdrawal from friends and family
- Loss of interest in activities
- Talking or writing about suicide — for example, making statements such as “I’m going to kill myself,” or “I won’t be a problem for you much longer”
- Poor school performance
- Tearfulness or frequent crying
- Restlessness and agitation
- Fatigue
- Changes in eating or sleeping habits
- Trouble concentrating
- Unexplained aches and pains
- Mood swings
- Misuse of alcohol or drugs
- Giving away belongings
- Risky, self-destructive or impulsive behavior

Suicide Triggers

25 Years of
MOBILE M
ব্রাহ্মণ
VIVEKANANDA K
বিবেকানন্দ কেন্দ্র এ



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25 Years of Dedicated

MOBILE MEDIC

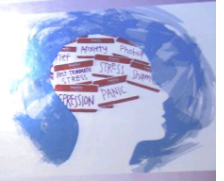
দ্রাব্যমান চিকিৎসা

VIVEKANANDA KENDRA

বিবেকানন্দ কেন্দ্র এন. অ.



- How you feel Inside
- Balancing Emotions
- Having control
- Self Esteem
- Self Confidence
- Being Comfortable
- Coping Mechanism



So What Is Mental Health?









**Mental Health problems of Adolescents
Management
&
Suicide Prevention**

Mrs. Mousumi Sinha
Mental Health Consultant
Therapist/Social Worker
VKNRL Hospital, Numaligarh

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MOBILE MEDICAL
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VIVEKANANDA KENDRA
বিবেকানন্দ কেন্দ্র এন. আর্বা