Celebration of "World Suicide Prevention day" at Nalbari Medical College

On 10th September 2024, the **Department of Psychiatry at Nalbari Medical College and Hospital (NMCH)** organized a meaningful observance of **World Suicide Prevention Day**. The event aimed to raise awareness about suicide prevention, promote mental health, and reduce the stigma surrounding mental health challenges.

The day commenced with an inaugural address by Dr. Utpal Bora, Head of the Department of Psychiatry, who stressed the importance of timely interventions and community support in preventing suicide. A panel discussion followed, featuring mental health experts who highlighted the need for early detection of emotional distress and shared practical strategies for mental health management.

The dias was graced by Prof (Dr) Babul Kumar Bezbaruah, Prof (Dr) Bonti Bora, Dr Madhab Chandra Rajbangshi and Dr Utpal Borah on the occasion.

The Department of Psychiatry at NMCH reaffirmed its commitment to supporting mental health in the community and providing accessible mental health care to those in need.