



Hi Friends,

According to the latest report released by the National Crime Record Bureau last week, India lost 1,39,123 lives to suicide in 2019. It's tremendously upsetting considering that suicide is the most preventable form of death.

Just imagine how many lives could be saved if we were to work together, learn and spread the right awareness, and extend support.

Are you asking yourself, "Umm, I want to help but where do I start?'. Well, one way is to understand and talk about suicides and here are two survivor stories that will inspire you become a saviour:



**Lost in
the Woods**

It all started for **Akshaya** at the age of 3 when she was sexually assaulted. It didn't help that she also faced constant bullying and body shaming not just at school but even from her own family. Her emotional struggles came to a head when she lost



**The
Healing**

Ultimately, **Akshaya** decided that she had to fight her way back to self-love, changed schools, opened up to her family and sought therapy. This helped her infuse kindness, positivity and gratitude into life. She has one message for those

her grandfather. Self-harm seemed like the only escape from pain.

Aishwarya's struggles were different yet extremely distressing too. Due to battling depression due to a friend's cancer diagnosis and feeling guilty about it, Aishwarya reached a point where she found herself planning her own suicide.

struggling with suicidal thoughts – **"It's okay, take one day at time."**

Aishwarya too, with her college's support, finally decided to seek therapy. She now views her life and future from a whole new mindset that is positive, growth-oriented and full of new energy and goals.

Do you realise what's common in both these cases?

1. The courage of each person to seek help
2. The open minds around them who acknowledged their pain and supported them.

You can be that shoulder of support too. Here's an e-learning module to help you become a saviour.

[CLICK HERE TO BECOME A SAVIOUR](#)

Want to know more about these warriors? Read full stories [here](#).

For further queries/concerns, please feel free to write to us campus@yourdost.com.

**Standing with you,
Team YourDOST**
