

# World Suicide Prevention Day

## 10th September 2026

Organized by the Department of Psychology  
St Anthony's College, Shillong

World Suicide Prevention Day was observed on 10 September 2026 through a series of meaningful activities aimed at creating a safe and stigma-free space for students. The programme encouraged students to recognise emotional struggles, challenge myths surrounding suicide, express their feelings, cultivate hope, and seek support.

The activities included Gate Walk, Myth-Busting Reminders, Ray of Hope, Letters to Future Self, and Burning Station. Together, these activities provided opportunities for self-reflection, emotional expression, hope-building, and connection. A 1 hour talk on Cyber Security and Mental Health was organised in collaboration with the Cyber Cell, Meghalaya Police Department.







