

ENGAGE TO CHANGE
WORLD SUICIDE PREVENTION DAY (2015)

Competition Series Guidelines

Here are the guidelines for participating in the ‘Engage to Change’ competitive events

You may participate in one or more than one of the four events mentioned in the two categories Solo activities and Team activities

I. Solo Activities (Two options)

II Team Activities (Two options)

Solo Competition Activities Options

1. Write a Letter to a person who may be feeling suicidal:

For participating in this event, you are expected to **imagine** a 25 years old college student whom you regularly interact with. Imagine that she/he has sent you a mail in which she/he has described the difficult life situation that she/he has been undergoing in more than one domain. In her mail she/he also mentions that the thoughts of ending life/ending it all have been coming to his/her mind. Please imagine this person and the mail sent to you. Write a letter in response to this mail. Your letter should convey **empathy and support. The goal of the letter should be to reduce distress, help in reduction of suicidal thoughts in the person and nurture hope in life.**

Please use your imagination and sensitivity to write such a letter. It can contain some specific details that you want to imagine but the overall content should be general and broad enough so that it can be of help for anyone who may be in distress and experiencing thoughts about ending one's life. If deemed suitable, your entry may be used for publication in a booklet of letters.

Only typewritten entries will be accepted. You can use an imaginary name for the fictitious person (male/female) to whom you address this letter.

The length of the letter should not exceed 3 typed pages (font size 11 or 12, 1.5 spacing)

Last date for sending the letter : 31st August 2015

2. Create a Poster:

Participating in this event requires that you create an original poster on the theme: **“Looking out for each other”**

A sense of support and genuine concern is one of the most important things that can help individuals in distress who may be contemplating suicide. But, **in our rush of life, we often forget to communicate that we care. The poster is should motivate people to take a pause and to care for someone who may be in distress.**

About the theme/message to be conveyed through the poster:

We need to watch out and be aware that all of us may go through times when we are feeling down. At times, such feelings may go on for days or weeks together, drain us and make us feel miserable. It helps when someone notices this, tries to understand and stands by our side. Someone you know may be going through this phase of depression right now and you may have not paid attention. Can you spend a few minutes to observe, to ask (‘How have you been feeling?’) and to listen patiently? Your small acts of courtesy and support can make a big difference for someone.

On the lines of the above message, the poster should encourage people to look out for someone who may be depressed- to stop, ask and listen and to show that one cares.

The poster can include a drawing/painting/photograph /poem/statements etc. or any combinations of these. However, these should be your own (original) and not taken from some other source. You are allowed to use only one quotation (if you wish to) but it should not be more than three lines and you must provide the name of the author. In case you are using any image, it should not involve copyright violation and you must mention the source from where the image was taken. Please avoid borrowing more than one such image.

The poster can be sent as a single ppt slide, a word document or a PDF file. **PDF file is preferred.**

The poster should be fully formatted and ‘ready to print’ on an A3 Size paper. Multicolour posters are permitted. Only Soft copy of the ‘ready to print A3 poster’ is required. The poster you submit may be used for awareness campaigns.

Last date for sending poster: 31st August 2015

Team level competition activities:

Do it together with your friends

1. Enter the quiz competition:

Team up with three more friends of yours (20-35 years of age range) and send your group entry for quiz competition. (total: **four members** only)

Rules for team formation: The quiz entries should be sent as a team with the names of all the group members as well as their age, name of the current course/degree/ occupation, institution of study/work, if any. Pre-condition: **Not more than two members of any team can be from Psychology/counselling/mental health/ Psychiatric social work background.** In other words, at least two members in a team should be from other backgrounds. This is to encourage people from non-mental health/psychology background to team up and learn about mental health and illness.

This quiz requires **a level of awareness that is possible for lay persons to acquire from websites providing authentic information on mental health and illness.** It does NOT require someone to have studied this information in an academic course.

The range of topics that would be covered in the quiz includes:

- General facts about magnitude of mental health related disorders and problems (Prevalence), myths and facts about mental illness
- General and broad/basic awareness about nature of treatment approaches available for mental health problems
- General information about clinical depression, symptoms, risk factors and management
- General/basic information about suicidal risk, indicators, myths and facts
- General information about global organizations, websites on mental health and mental health promotion

Quiz Rounds:

Round 1: This would be a written round. Each team will together go over a series of brief questions and write down their team's responses. The written round will be of 30 minutes duration.

Round 2: This will be an oral quiz round of about 1.5 hours duration. Only the top five teams will be asked to participate in this round. The oral round will involve multiple rounds of questions.

The quiz competition is primarily for those based in Bangalore or nearby places. The participants need to take part in two round of quiz, held on a single day at Bangalore. The quiz is likely to be conducted in the second week of September. The exact date, timing and venue will be intimated to the participating teams.

Last date for sending your team member names and details for participating in the quiz:

31st August 2015

(The quiz will be held in the first week of September and the details will be emailed to you)

2. Conduct a campaign in your campus:

This is about teaming up and conducting a **mental health awareness and suicide prevention campaign** in your campus.

This should be a group entry consisting of total **ten members** from a given institute/campus who form a team. **Only one entry per institute is allowed. Talk to your faculty/head of the institute for sending an entry from your institute.**

The awareness activities need to be conducted in the campus and should reach out to a maximum possible number of students and staff in the campus. The nature of activities can be decided by the team based on considering the potential for **positive change/impact**. Multiple activities can be planned and conducted during the first week of September 2015. Activities which are not merely lecture-based and which engage youth actively (e.g. conducting a slogan writing /debate competition, using a street play, group exercises etc.) are considered ideal. The activities conducted as part of the campaign should serve one or more of the following purpose: 1. **increasing awareness** that mental health is as important as physical health 2. **Reducing stigma** about mental illness 3. Spreading the message that **seeking help** for mental health is a sign of strength and not weakness 4. Spreading the message that we should treat each other with **respect and support** each other emotionally. **Faculty support could be taken by the team to conduct this campaign in your campus.**

Your college/team needs to send us a report of this campaign which will be treated as your team entry to the competition. The report will be evaluated by a panel of experts. The details of the activities conducted (Nature, purpose served, number of participants/audience, photographs, brief feedback forms made and collected from at least 30 members of the audience, immediate impact and potential for long term impact etc.) should

be mentioned in the report sent by the team and attested by the head of the institute.

If you are planning to send your entry for this event: you must email and let us know by 31st August 2015: the names of your team members, faculty who is supporting your team. This mail should be copied to your head of the institute, for our records.

The entire report of the event (campaign) conducted should be emailed to reach by 7th September 2015 (Monday). The report should be countersigned by the head of the institute/HOD.

Last date for letting us know about your teaming up for this competition: 31st August 2015

The campaign to be conducted in your campus in the First week of September 2015

Report of the campaign to be emailed to us by 7th September 2015

General Information for all the four competitions:

- The entries not meeting the guidelines can be rejected.
- The entries received after the deadlines cannot be included for the competitions.
- The expert panel/judges' decision will be final.
- Participating in more than one competition is allowed.
- The cover letter/mail must mention names of the participants: Name of the event, your name, postal address, course you are studying/your occupation, city, age and gender as well as email id. For team events all the participant names and other details must be included.
- If you are participating in the competitive event called "Conduct a mental health awareness campaign in your campus": Please make sure that the campaign- report is signed by the Head of your institute /HOD. You can send a scanned copy along with details and photographs. Your report should be sent by your college authority or copied to the college head/HOD's email id.
- **The email entries must mention in the subject line: "Engage to Change competition" followed by name of the competition event (e.g. write a letter)**

You can download all these details on www.youthspring.net

Our Email for all communication:

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