

5
NHERP
108
D. Thiruvalluvar



ABSTRACT

Announcement - District Mental Health Program (DMHP) – Establishing 'Suicide Helpline' through technical collaboration between National Health Mission and Sneha Foundation, India – Preparation of a State level Suicide Prevention Strategy – Orders – Issued.

HEALTH AND FAMILY WELFARE (EAPI-2) DEPARTMENT

G.O.(Ms).No. 512

Dated: 16.11.2021
Thiruvalluvar Aandu – 2052
Pilava, Iypasi – 30

Read:

From the Mission Director, National Health Mission, Letter No.5558-1/
P18/NHM/2021, Dated: 08.07.2021.

ORDER:

The Hon'ble Minister for Health & Family Welfare has made the following Announcement in the floor of the Tamil Nadu Legislative Assembly during the Demand No.19.

(Announcement No.18):-

“தமிழ்நாட்டில் தற்கொலை முயற்சிகளை தடுப்பதற்கான தொண்டு நிறுவனத்துடன் இணைந்து தற்கொலை தடுப்பு ஆலோசனை பயிற்சிகள் வழங்கப்படும்”.

2. Based on the above announcement, the Mission Director, National Health Mission has sent the proposal for Establishing 'Suicide Helpline' through technical collaboration between National Health Mission and Sneha Foundation, India.

3. The Mission Director, National Health Mission has stated that the National Crime Records Bureau (NCRB) report for 2019, the National suicide rate was 10.4 i.e., roughly 10 persons per lakh committed suicide in India. The suicide rate for Tamil Nadu is 17.8 in 2019 which is higher than the National average. Tamil Nadu also has the second highest number of reported suicides after Maharashtra as per NCRB report 2019. The Global Burden of Disease (GBD) estimate for Self-harm is higher for Tamil Nadu with age adjusted Suicide rates of 26.9 for Males and 24.9 for Females for 2019. It is known that there are 20 suicides for every attempted suicide. In total, there are around 740 suicide attempts every day in Tamil Nadu and the number of Self-harm cases in Tamil Nadu has increased during the current Pandemic. The number of self-harm cases reported in TAEI App was 9037 for the month of April 2021 which was 8857 during April 2019. There is a need to address the unmet need for providing counselling for persons who have attempted Self-harm and for persons who are ideating suicide especially in the current context when the situation has compounded the Mental Health issues in the community.

4. Based on the discussion in the meeting was conducted on 14th June 2021 chaired by Mission Director, National Health Mission with Project Director, Tamil Nadu Health System Reform Program and their team and Sneha Foundation, India, he has proposed implementation of 'Tamil Nadu suicide Prevention Strategy' as follows:-

"The National Health Mission would follow the WHO's 'LIVE LIFE' approach and work with **Sneha Foundation, India** towards preparing a workable strategy that will **address mounting need for psychological care** for persons in distress in Tamil Nadu due to various issues ranging from interpersonal, health, family and work related etc. Adapting the recommendations from the WHO Framework in the contextual factors applicable for in Tamil Nadu, a potential framework is presented to prevent suicides in Tamil Nadu."

OVERALL GOAL

"The overall long term goal is to reduce the instances of Suicide attempts and hence the burden of psychological distress amongst the Public by reducing the effect of causal factors and increasing the quality and quantity of support available for the Public"

The key roles and responsibilities for the stakeholders are presented below:

Role of National Health Mission:

1. The list of persons who indulged in self-harm behaviour may be shared with Block Medical Officer and District Mental Health Program Psychiatrist for further follow up and care including treatment services.
2. The National Health Mission, Tamil Nadu in coordination with SNEHA helpline would prepare a detailed State specific Suicide prevention strategy document.
3. National Health Mission would provide the oversight, management and monitoring of the implementation of the suicide prevention strategy in partnership with Sneha Foundation, India and collaboration with Tamil Nadu Health Service Reforms Program and 104 helpline services.

Role of Sneha Foundation, India:

1. To develop Standard Operating Procedures for providing service through incoming calls received from distressed callers
2. To provide inputs for revising the existing Standard Operating Procedures for reaching out to the persons indulged in the self-harm behaviour.
3. To provide job specific training for Psychologists in 104 helpline on the crucial counselling skills required for handling both incoming and outgoing calls service.
4. To provide technical inputs for developing a detailed document on '**Suicide prevention strategy for the state of Tamil Nadu**'.
5. To provide handholding and supportive supervision at the State level for the staff involved in providing counselling services

Role of 104 Helpline and TAEI:

1. To have a separate helpline for incoming calls by providing counselling services for persons who feel tempted to attempt suicide.
2. In order to maintain confidentiality of the callers during incoming calls, the callers would be given only an ID and no personal details will be recorded.

3. The scope for providing IVRS filter facility for the incoming calls so that the callers can be straightaway directed to the responder assigned for providing service to the distressed caller who will be able to cater to the requirement of the caller. Number 1 in the menu as a first option in IVRS can be dedicated to suicide helpline.
4. The pre-recorded IVRS message to inform that confidentiality of the caller's identity and conversation will be absolutely maintained.
5. To finalize the Standard Operating Procedures for incoming calls and revision of SoPs for outgoing calls along with Sneha Foundation
6. The Psychologists in 104 Helpline are to be allocated the district wise list of persons indulged in Self-harm for follow up through outgoing calls adhering to the RoPs to be revised.
7. The TAEI staff at the field to be trained on their interpersonal communication skills for getting the informed consent forms.

5. After careful consideration of the proposal of the Mission Director, National Health Mission, the Government have decided to accept the same and accordingly issue the following orders:-

- i. The Mission Director, National Health Mission is permitted to enter into an Memorandum of Understanding (MoU) with Sneha Foundation, India for Establishing 'Suicide Helpline' through technical collaboration without any financial implications.
- ii. The Mission Director, National Health Mission is permitted to prepare a State Suicide Prevention strategy in association with Sneha Foundation, India and implement the same with the approval of the Government.

(BY ORDER OF THE GOVERNOR)

J.RADHAKRISHNAN

PRINCIPAL SECRETARY TO GOVERNMENT

To

The Mission Director, National Health Mission, Chennai-6.

✓ The Project Director, Tamil Nadu Health System Reform Program, Chennai – 6.

The Secretary, Welfare of Differently Abled Persons, Department, Chennai-9.

The State Commissioner for Disabled, Chennai-5.

The Director of Medical Education, Chennai-10.

The Director of Medical and Rural Health Services, Chennai-6.

The Director of Public Health and Preventive Medicine, Chennai-6.

The Director, Institute of Mental Health, Chennai-10.

The Chief Executive Officer (FAC), State Mental Health Authority, Chennai-10

The Director, National Institute of Mental Health and Neuro Science, Bangalore.

The Social Welfare and Nutritious Meal Programme Department, Chennai-9.

The Founder, Sneha Foundation Trust,

No. 11, Park View Road, Raja Annamalaipuram, Chennai-28.

Copy to:

The Special Personal Assistant to Hon'ble Minister (Health & Family Welfare), Chennai-9.

The Principal Private Secretary to Chief Secretary, Chennai-9.

The Health & Family Welfare Department, (Data cell) Chennai-9.

SF/SC.

//FORWARDED BY ORDER //

K. Ramya
17.11.2021

SECTION OFFICER

Rob n