

IMA committee for Mental Health & Suicide Prevention

With the suicide rate highest in Kerala, IMA KSB decided to form a Committee for Mental Health & Suicide Prevention. It was decided to give more importance to suicide prevention and based on this IMA Committee for Mental Health & Suicide Prevention conducted a seminar on 'Suicide Prevention' at Kapletta, Wayanad District on 24th January 2010. Eminent faculties from Psychiatrists, Clinical Psychologists, Press and Media and NGOs with vast experience in this field participated in this seminar.

As an outcome of this state seminar it was decided to start three befriending centers at Wayanad covering all three Taluks, namely Kalpetta, Mananthavady and Sulthan Bathery; with help of three IMA branches. When this project will be put into action Wayanad will be the first revenue district in the country which will be fully covered with befriending.

'Befriending Centre' is a centre for befriending persons in distress and in danger of suicide instituted by Indian Medical Association, Kerala State Branch. These centers aim at prevention of suicide among the public. It works towards arresting the upward climbing of the suicide graph, and eventually reversing it. In addition to maintain befriending centers, it also raises an army of volunteers who will be trained to identify suicidal persons and be of help to them.

One of the major medical conditions leading to suicide is depression and associated psychiatric conditions. Though our psychiatrists are experts in managing these cases we have only limited numbers in this specialty. We plan to train our doctors of different specialties especially General Practitioners to identify depression and associated psychiatric conditions leading to suicide and either treat or to refer them timely to the experts.

The Committee has decided to observe the following International Days at State level and World Suicide Prevention Day at all branch level also

- 1). May 24th World Schizophrenia Day**
- 2). June 26th World De-addiction Day**
- 3). September 10th World Suicide Prevention Day**
- 4). October 10th World Mental Health Day**

Office Bearers of IMA Committee for Mental Health & Suicide Prevention:

Dr. Roy Abraham Kallivayalil

Chairman, Committee for Mental Health

Professor of Psychiatry

Arunapuram, Palai, Kottayam - 686574

Tel: 04822-200200, 210799 Mob: 94470 20020

E-mail: roykallivayalil@dataone.in, roykalli@gmail.com

Dr. Abdul Barry

Vice Chairman, Committee for Mental Health

Shyla Manzil, Kovalam P.O.

Thiruvananthapuram

Tel : 0471 2480419 Mob : 9447108402
mhctvpm@gmail.com

Dr. K.M. Abdulla

Convener, Committee for Mental Health

Kadiarakath, Nut Street P.O, Badagara - 673104

Tel: 0496-2513042 (H), 2524285 (R)

Mob: 9846099631

Email: drkmabdulla@gmail.com

Dr. P.N. Suresh Kumar

Member, Committee for Mental Health

Consultant Psychiatrist

Anaswara, Vazhathuruthi Road

Civil Station P.O, Calicut - 673020

Mob: 94472 18825

E mail: drpnsuresh@satyam.net.in

Dr. Bindu Menon

Member, Committee for Mental Health

Margadeepthi Trust Hospital

Ongallur, Pattambi, Palakkad

Mob : 94460 52793

E-mail : bindumen@gmail.com