

# Outlive

Youth suicide prevention program addressing the leading cause of death among young people aged 15-29 in India

~~never be~~

timely  
& support

# Our Mission

Outlive is led by the Centre for Mental Health Law & Policy, Indian Law Society (CMHLP, ILS) in collaboration with Sangath and Quicksand Design Studio. Launched in 2020, we engage urban youth aged 18-24 with experiences of suicide, self-harm, distress, or mental health challenges.

**Talking about suicide is the first step to preventing it.** While there is no single cause of youth suicides, there are many ways to prevent them through evidence-based interventions and community support.





## Three Core Interventions



### Youth Advocacy

Fellowship program empowering young people to drive systemic change by engaging policymakers on suicide prevention in their communities



### Peer Support

Training youth volunteers to provide anonymous chat-based emotional support to those in distress or having thoughts of ending their lives



### Public Engagement

Sharing personal stories, creating resources, and conducting events to build dialogue and break stigma around suicide prevention

# Real Stories, Real Impact

A collection of authentic experiences from youth across India, shared through short films and text interviews to break silence and inspire hope.

Sanya, 28

"On the outside I was successful, but I was struggling with suicidal thoughts"

Adrija, 29

"Living with Self-Harm: A Journey of Survival"

Meghna, 32

"Suicide felt like my escape from a bad situation, but therapy saved me"

# Outlive Chat

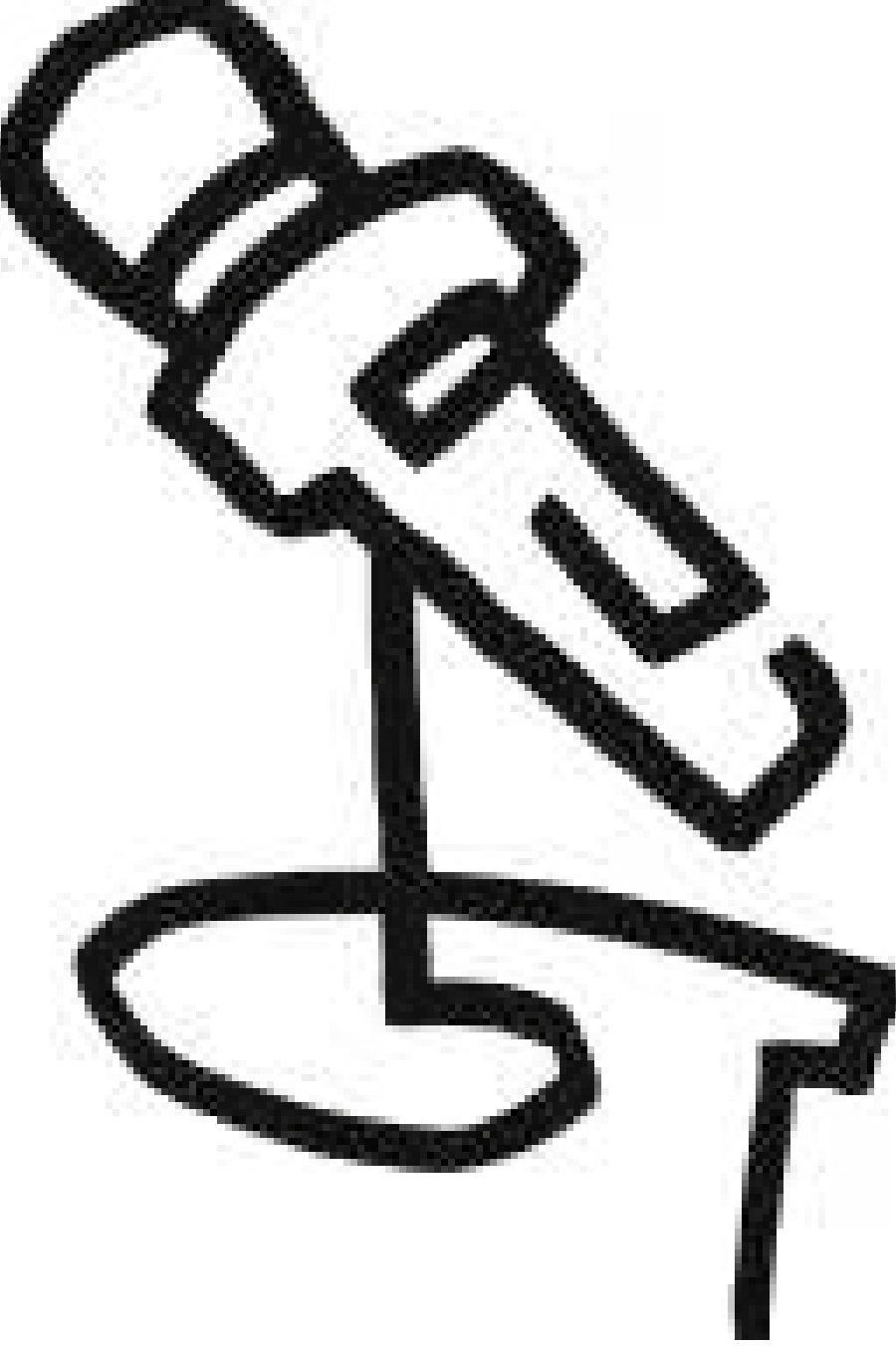


## Anonymous Peer Support

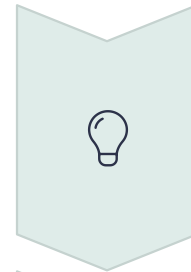
Chat-based platform connecting youth in distress with trained peer supporters who provide empathetic, non-judgmental emotional support.

Our volunteers undergo comprehensive training to create safe spaces for those experiencing suicidal thoughts or mental health challenges.





# Youth Advocacy Fellowship



## Empower

Young people learn to identify gaps in suicide prevention policies



## Engage

Fellows connect with policymakers and community leaders



## Transform

Drive systemic change in local communities

# Recent Highlights

February 1, 2025

Interactive workshops with AMSA and MITR engaged 50+ students in discussions on mental health, distress, boundaries, and peer support

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February 27, 2025

Outlive Chat presented at Rethinking Mental Health Care conference, sparking conversations on tech and safeguarding in peer support

3

March 18–21, 2025

Featured at 7th IAYMH Conference in Vancouver, co-facilitating discussions on global youth mental health policies

4

March 27, 2025

Facilitated interactive session at ADYPU, fostering engagement and peer-driven support among university students



# What People Are Saying

“

"The peer supporter was very supportive and reassured me exactly how I wanted to be reassured."

— *Outlive Chat Support Seeker*

”

“

"The volunteering brought a sense of purpose. I try to utilize the learnings in my everyday conversations and focus on my own well-being through self-care."

— *Outlive Peer Supporter*

”

“

"YASP gave us empowerment to speak in front of policymakers. Made me very independent, direct, and confident."

— *Outlive YASP Fellow*

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# University Campaign



## Breaking Myths, Building Awareness

Events and poster campaigns across universities to bust myths around suicide prevention and create safe spaces for dialogue.

- Interactive resource booths at conferences
- Myth-busting posters and self-care tools
- QR-accessible stickers linking to Outlive Chat
- Workshops fostering peer-driven support

# Join the Movement

## Volunteer

Become a peer supporter or advocate. Training provided to create safe spaces for youth in distress.

## Share Your Story

Help break stigma by sharing your experience. Your story can inspire hope in others.

## Contribute

Support our mission through donations, partnerships, or spreading awareness in your community.

Contact us at [contact@outlive.in](mailto:contact@outlive.in) for queries, suggestions, or collaborations. Subscribe to our newsletter for weekly updates on events, interventions, and resources.

Visit: <https://www.outlive.in/>

