



Maa-baap ki guide

SELF-HARM

Jab aapka bachcha khud ko chot pahunchaye

Un maa-baap ke liye shaant guide jinka bachcha khud ko chot pahunchata hai, ya jinhein dar hai: sehne ki chot aur jeene se bhaagne ka farak, bina ghabraaye baat, ghar surakshit, aur madad.

Yeh kiske liye hai: khud ko chot pahunchate bachche ya naujawan ke maa-baap.

Hawale: sameekshit shodh, rashtriya nirdesh.

Bhashayein: English, Hindi, Marathi aur Kannada.

Muft padhiye: weave.clinic/family

1

✿ AGAR AAPKO ABHI-ABHI PATA CHALA HAI

Pairon tale zameen khisak jaati hai

✿ CHHOTA SA SAAR

Agar aapko abhi-abhi pata chala hai ki aapka bachcha khud ko chot pahuncha raha hai, to is waqt aapke andar jo dar hai woh bahut bada hai, aur woh bilkul swaabhaavik hai. Aap bure maa ya baap nahi hain. Yeh usse kahin zyaada aam hai jitna zyaadatar parivaar kabhi zor se kehte hain, aur khatra kitna hai, yeh sirf ek doctor hi bata sakte hain.

Shayad aapki nazar kisi aise nishaan par pad gayi jo aapko dikhna nahi tha. Shayad aapke kishor bachche ne kuch kaha, ya kisi shikshak ka phone aaya, ya bas mann mein ek bhaari-sa ehsaas hai ki kuch theek nahi hai. Aap yahaan tak jis bhi wajah se pahunche hon, pairon tale zameen shayad khisak chuki hai, aur mann ghabrahat, apraadh-bodh, aur aaj raat hi sab theek kar dene ki bechaini ke beech daud raha hai.

Ek gehri saans lijiye. Isi minute aapke paas ekdam sahi shabd hone zaroori nahi hain. Aapke bachche ko sabse pehle kisi bilkul sahi jawab ki zaroorat nahi hai, use ek aise maa ya baap ki zaroorat hai jo saath bane rahein. Pata chalna daraawna hai, par yahi woh pal bhi hai jahaan se madad shuru ho sakti hai.

Iske aaspaas ki chuppi se jo lagta hai, yeh usse kahin zyada aam hai. Kishoron mein lagbhag har chhah mein se ek ne kabhi na kabhi khud ko chot pahunchai hai, aur yeh har umar mein hota hai, bachchon mein bhi, kishoron mein bhi, aur yuvaon mein bhi. Aapka bachcha akela nahi hai, aur aaj aap jahaan baithe hain, wahaan baithne wale aap akele maa ya baap nahi hain.

Lagbhag 6 mein se 1

kishor ne kabhi na kabhi khud ko chot
pahunchai hai

Yeh bachpan se lekar jawaani tak faila hua hai. Aapka bachcha bilkul akela nahi hai, aur na aap.

Ise dhyaan se suniye, kyunki apraadh-bodh ise daba देने की कोशिश करेगा. Jo bachcha khud ko chot pahunchata hai, woh is baat ka saboot nahi hai ki aap uske liye kahin kam pad gaye. Khud ko chot pahunchana kai cheezon ke mel se banta hai, dard, dabaav, bachche ka swabhaav, aur woh sab jo uske andar aur uske aaspaas chal raha hai. Yeh aapki parvarish ka koi report card nahi hai.

Doosri baat jo thaame rakhiye, woh yeh hai ki khatra kitna hai ise aap khud nahi naap sakte, aur aapse aisi ummeed bhi nahi hai. Aapka bachcha kitne khatre mein hai aur use kis tarah ki madad chahiye, iska theek-theek aakalan sirf ek prashikshit visheshagya hi kar sakte hain. Yeh kitaab aapke bachche par koi label nahi lagayegi. Yeh aapko itna zaroor degi ki jo ho raha hai woh aapko saaf dikhe, aur aap aise jawab de sakein jisse sachmuch madad ho.



*Ek dare hue maa ya baap ki sabse badi
bahaduri yahi hai ki woh itna shaant reh
jaayein ki paas bane reh sakein.*

● YEH KARKE DEKHEIN

Sabse pehle khud ko sambhaliye. Baith jaiye, ek minute dheere-dheere saans lijiye, aur mann mein kahiye: mera bachcha takleef mein hai, main yahin hoon, aur hum madad le sakte hain. Ghabrahat ke muqaable is jagah se diya gaya jawab kahin behtar hoga. Aapki shaanti hi sabse pehli madad hai.

2

✿ DO ALAG-ALAG BAATEIN

Yeh ek baat nahi, do hain

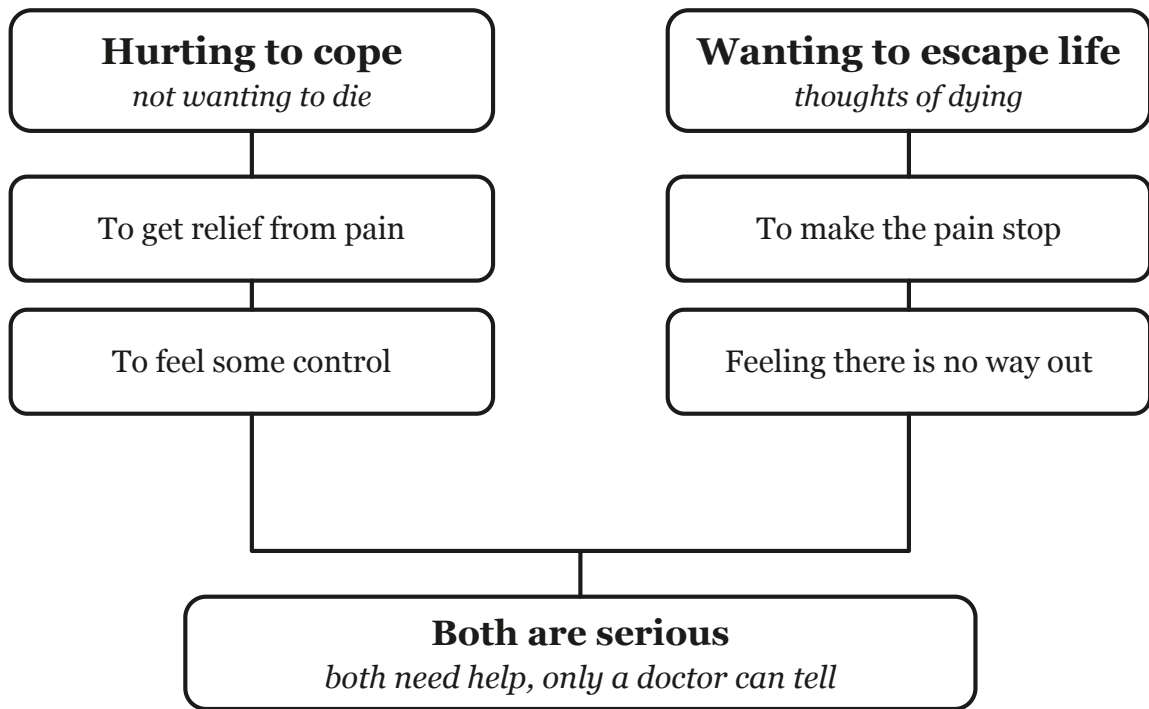
✿ CHHOTA SA SAAR

Khud ko chot pahunchana aur mar jaane ki chaahat, ye dono jude hue hain, par ek nahi hain. Kuch naujawan khud ko chot isliye pahunchate hain taaki bardaasht se baahar lagne wali bhaavnaon ko kisi tarah jhel sakein, aur unke mann mein mar jaane ki koi chaahat nahi hoti. Kuch ke mann mein apni zindagi khatm karne ke khayaal aate hain. Dono gambheer hain, dono mein madad chahiye, aur inhein narmi se alag-alag pehchanna sahi sahara paane ka hissa hai.

Maa-baap ke liye yeh samajhna sabse zaroori baaton mein se ek hai. Jab koi naujawan khud ko chot pahunchata hai, to iska apne aap yeh matlab nahi hota ki woh marna chahta hai. Bahuton ke liye yeh khud ko sambhalne ka ek tareeka hota hai, us dard se thodi raahat paane ka jo bardaasht se baahar lagta hai, na ki zindagi khatm karne ki koshish. Zindagi se bach nikalne ki chaahat ek alag baat hai, alag bhaaripan aur alag jawab ke saath.

Ye dono ek-doesre mein ghul bhi sakte hain, aur ek naujawan ek se doosre mein aa-ja bhi sakta hai, isiliye kabhi yeh maankar mat chaliye ki aapko pata hai yeh kaun-si baat hai. Dono gambheer hain, dono mein madad milni chahiye, aur aapka bachcha kitne khatre mein hai, yeh sirf ek prashikshit visheshagya hi bata sakte hain.

Yeh baat apne bachche se poochtaach karke saaf nahi hoti. Yeh dheere-dheere, waqt ke saath samajh aati hai, paas bane rehkar, parwaah ke saath poochkar, aur asli aakalan doctor par chhodkar. Neeche di gayi tasveer sirf isliye hai ki yeh farak aapke mann mein tika rahe.



Do alag-alag baatein, jinke saath ek naujawan jee sakta hai. Dono gambheer hain, dono mein madad chahiye, aur kaun-si kaun hai, yeh sirf ek doctor hi bata sakte hain.

Khud ko sambhalne ke liye chot pahunchana raahat ya thode kaabu ke ehसाas ke liye hota hai, mar jaane ki chaahat se nahi.

Zindagi se bach nikalne ki chaahat mar jaane ke khayaalon ki, ya yeh lagne ki baat hai ki ab koi raasta nahi bacha.

Ye dono ek-doesre mein ghul sakte hain, aur naujawan ek se doosre mein aa-ja sakta hai, isliye kabhi maankar mat chaliye.

Kaun-si baat hai yeh aap tay nahi karte; aap paas bane rahiye, narmi se poochiye, aur aakalan doctor par chhodiye.

 YAAD RAKHIYE

Aap apne bachche ki koi beemari pehchanne ya use kisi baat mein pakadne ki koshish nahi kar rahe. Aap bas itna samajhne ki koshish kar rahe hain ki use surakshit rakh sakein aur sahi madad tak pahuncha sakein. Khud ko sambhalne ke liye chot pahunchana, aur zindagi se bach nikalne ki chaahat, in dono ka farak mann mein rakhne se aap behtar sawaal pooch paate hain aur ghabraate kam hain.

3

✿ NEECHE KYA HAI

Koi naujawan khud ko chot kyun pahunchata hai

✿ CHHOTA SA SAAR

Zyaadatar naujawanon ke liye khud ko chot pahunchana us dard ko sambhalne ka tareeka hota hai jise dhona unhein aur kisi tarah aata hi nahi: thodi raahat paane ke liye, thoda kaabu mehsoos karne ke liye, ya jo kaha nahi jaata use baahar nikalne ke liye. Yeh dhyaan kheenchne ki koshish nahi hai, na kisi ko apne hisaab se chalane ki chaal, aur na aisa daur jise andekha kar diya jaaye.

Jab aapmein yeh poochne ki himmat aati hai ki aisa kyun, to jawab lagbhag kabhi woh nahi hota jisse maa-baap darte hain. Jo naujawan khud ko chot pahunchate hain, woh aksar ise yun batate hain: bhaavnaayein jab sir se oopar ho jaayein to unhein sambhalne ka tareeka, bardaasht se baahar lagte dard se ek pal ki raahat, baaki sab haath se nikalta lage to thoda kaabu mehsoos karne ka zariya, ya jo shabdon mein nahi aata use baahar dikha dene ka tareeka.

Yahi woh baat hai jo aapke jawab dene ka tareeka badal deti hai. Aapka bachcha jo dard dho raha hai woh asli hai, aur khud ko chot pahunchana usi dard ko kisi tarah jhel jaane ki uski koshish hai, आपको दुःख देने की नहीं। Yeh samajh mein aate hi gussa aur dar dono naram padte hain, aur aap apne bachche se ladne ke bajaye usse mil paate hain.

Yeh kya nahi hai, ise bhi saaf keh dena theek rahega. Yeh aapke bachche ka dhyaan kheenchne ke liye naatak karna nahi hai. Yeh kisi ko apne hisaab se chalane ki chaal nahi hai. Aur yeh aisi baat bhi nahi jise intezaar karke yeh ummeed ki jaaye ki apne aap theek ho jaayegi. Ise inmein se kuch bhi kehkar taal dena bachche ko us dard ke saath akela chhod deta hai, jo pehle hi uske liye bahut bhaari hai.



*Jis din mujhe samajh mein aaya ki woh
khud ko sambhalne ki koshish kar raha
hai, mujhe saza nahi de raha, usi din se
main sachmuch uske saath hoon.*

Ek maa-baap, chhah maheene baad

Aur jaanna chahein to ^

Agar kabhi sachmuch aisa lage ki aapka bachcha koi pratikriya chahta hai, to use bhi daantne ke bajaye sunne laayak samajhiye. Jis naujawan ko kisi ki nazar mein aane ke liye khud ko chot pahunchani padti hai, woh aapse usi ek bhaasha mein keh raha hai jo use kaafi zordaar lagi, ki kahin kuch dukh raha hai aur use lagta hai ki koi sun nahi raha. Iska jawab hai aur zyaada judaav, kam nahi. Garmjoshi se jawab dekar aap us bartaav ko inaam nahi de rahe; aap uske neeche chhipi zaroorat ka jawab de rahe hain, aur waqt ke saath yahi cheez us bartaav ko sachmuch kam karti hai.

● YEH KARKE DEKHEIN

Agli baar jab gussa ya ghabrahat chadhti mehsoos ho, to mann hi mann us cheez ko naam dijiye jo aapke bachche ke bartaav ke neeche hai: yeh dard hai, avagya nahi. Isse aap dheele ya har baat maan lene wale nahi ho jaayenge. Isse aap woh tike hue bade ban jaayenge jinse bachcha chhupe nahi, balki jinki or mud sake.

4

✿ IS BAARE MEIN BAAT KAISE KAREIN

Shaant rehna, narmi se poochna

✿ CHHOTA SA SAAR

Shaant rahiye. Na ghabrahat, na saza, na sharmindagi. Seedhe aur narmi se poochiye, theek karne se kahin zyaada suniye, aur dard ko sach maaniye, bhale hi chot pahunchane ko aap kabhi sahi na kahein. Kisi naujawan se khud ko chot pahunchane ya zindagi khatm karne ke khayaalon ke baare mein poochne se woh khayaal uske mann mein baith nahi jaata.

Aap pehli baar kaise jawab dete hain, yeh kisi ek vaakya se kahin zyaada maayne rakhta hai. Jis naujawan ko cheekh-pukaar, saza, ya ghabrayi hui pratikriya milti hai, woh yeh seekhta hai ki ise aur achche se chhupana hai, na ki yeh dard baanta ja sakta hai. Aur jis naujawan ko ek tike hue, pyaar karne wale maa ya baap milte hain, woh yeh seekhta hai ki woh sach bol sakta hai aur phir bhi thaama jaayega. Aap hamesha shaant mehsoos nahi karenge; aapko bas itna shaant dikhna hai ki darwaza khula rahe.



Ek dar lagbhag har maa-baap ke mann mein hota hai, aur uski sachchai yeh hai. Bahut se maa-baap ko lagta hai ki khud ko chot pahunchane ya mar jaane ke khayaalon ke baare mein seedhe poochne se yeh baat bachche ke mann mein baith jaayegi. Aisa nahi hota. Shodh ki saavdhaan jaanch-parakh mein saamne aaya ki poochne se na woh khayaal paida hota hai aur na khatra badhta hai, balki pooche jaane se raahat mil sakti hai. Narmi se aur seedhe poochna khatra nahi banata; yeh woh darwaza kholta hai jiska aapka bachcha shayad intezaar kar raha tha.

To poochiye, seedhe aur apnepan ke saath. Aap keh sakte hain, "Maine dekha hai ki tum bahut joojh rahe ho, aur mujhe tumse bahut pyaar hai. Kya tum khud ko chot pahuncha rahe ho?" Aur agar fikr isse aage jaati ho, to, "Kabhi-kabhi jab logon ko itna dard hota hai, to mann mein yeh khayaal aata hai ki yahaan nahi rehna. Kya tumhaare mann mein aise khayaal aa rahe hain?" Phir ruk jaiye, aur bachche ko jawab dene dijiye, use theek karne ki jaldi kiye bina.

Theek karne se zyada suniye.

Bachche ko bolne dijiye. Usi waqt aapke paas ekdam sahi hal hona zaroori nahi, bas use sunna aur saath bane rehna zaroori hai.

Dard ko sach maaniye, chot ko nahi.

"Mujhe dikh raha hai ki tumhein kitni takleef hai", yeh sach bhi hai aur surakshit bhi. Bachche se pyaar karne ke liye aapko khud ko chot pahunchane ko kabhi sahi nahi kehna padta.

Tike rahiye, chaunkiye mat.

Ek shaant chehra aapke bachche ko batata hai ki woh mushkil baatein keh sakta hai aur phir bhi aapke paas surakshit rahega.

Raaz rakhne ka vaada mat kijiye.

Aap bharose ke laayak bhi reh sakte hain aur doctor ko saath bhi la sakte hain. "Iska saamna hum saath milkar karenge", yahi woh vaada hai jo karna chahiye.

YAAD RAKHIYE

Aapko ekdam sahi baat kehni hi pade, aisa nahi hai. Aapke bachche ko aapke shabd nahi, aapka chehra yaad rahega: ki aap shaant rahe, paas rahe, aur munh nahi moda. Aapka saath hi asli sandesh hai. Aap hamesha yeh keh sakte hain, "Mere paas saare jawab nahi hain, par main yahin hoon, tumhaare paas."

● YEH KARKE DEKHEIN

Jab aap akele hon, to ek naram vaakya zor se bolkar abhyaas kijiye, taaki zaroorat ke waqt woh aasani se nikle: "Mujhe tumse pyaar hai, mujhe gussa nahi hai, aur mujhe samajhna hai ki tum kis daur se guzar rahe ho." Ise ek baar akele mein keh lene se, bachche ke saamne ise apnepan ke saath kehna kahin aasaan ho jaata hai.

5

✿ GHAR KO ZYAADA SURAKSHIT BANANA

Ghar par khatra kam karna

✿ CHHOTA SA SAAR

Jab tak haalaat mushkil hain, aap ghar ko zyaada surakshit bana sakte hain. Sabse kathin daur mein dawaon aur dhaardaar cheezon ko sambhalkar, aasaan pahunch se door rakhna khatra kam karta hai. Yeh peshewar madad ka saath deta hai, uski jagah nahi leta, aur asli suraksha yojna kisi prashikshit visheshagya ke saath milkar banti hai.

Ek chupchaap-sa, thos kaam hai jo madad karta hai, aur shodh is baare mein saaf hai: sabse kathin daur mein khatarnaak cheezon tak aasaan pahunch ghataane se gambheer nuksaan ki gunjaish kam ho jaati hai, kyunki sabse bure palon mein se bahut saare tal jaate hain agar naujawan usi waqt un par amal na kar sake. Iska matlab yeh nahi ki aap apne ghar ko taale wala ward bana dein ya har pal bachche par nazar rakhein. Iska matlab hai, ek mushkil daur mein samajhdaari aur parwaah wale kuch kadam.

Asal mein iska matlab hai, dawaon ko surakshit jagah par aur aasaan pahunch se door rakhna, dhaardaar aur doosri jokhim wali cheezon ko sambhalkar rakhna, aur jab tak bachcha joojh raha hai tab tak is baat ka dhyaan rakhna ki idhar-udhar kya pada reh jaata hai. Apne bachche aur khatre ke beech thoda waqt aur thoda faasla daal dena, bachaav ke sabse asardaar kaamon mein se ek hai. Ise shaanti se aur bina kisi hangaame ke kijiye, jaise aap chhote bachche ke liye ghar ko surakshit banate hain, na ki kisi saza ya ilzaam ki tarah.

 YEH MADAD KA SAATH DETA HAI, USKI JAGAH NAHI LETA

Ghar ko zyaada surakshit banana waqt deta hai aur khatra ghataata hai, par yeh poora jawab nahi hai, aur yeh peshewar ilaaj ki jagah bhi nahi le sakta. Ek theek-thaak suraksha yojna, yaani bhaavnaayein jab sabse oopar chadhein tab aapka bachcha kya kar sakta hai aur kiske paas ja sakta hai, woh us prashikshit visheshagya ke saath milkar banti hai jo aapke bachche ko jaante hon. Ghar par aapka kaam hai, aasaan pahunch ghataana aur paas bane rehna; yojna khud doctor ke saath banti hai.

Aur jaanna chahein to ^

Yeh sab bilkul sahi karna ya ghar ki har cheez taale mein rakh dena zaroori nahi hai, aur har cheez par kaabu paane ki koshish aapko thaka degi aur usi rishte par zor daalegi jise bachaye rakhna aapke liye sabse zaroori hai. Sabse kathin daur mein sabse zyaada jokhim wali cheezon par dhyaan dijiye, yaani dawaayein aur saaf taur par khatarnaak cheezein, aur baaki ke liye visheshagya ki salaah par chaliye. Apne bachche se is baare mein khulkar aur narmi se baat karte rahiye, taaki yeh parwaah lage, nigraani nahi. Suraksha aur bharosa saath-saath badhte hain, ek-doesre ke khilaaf nahi.

 YEH KARKE DEKHEIN

Is hafte chupchaap ek kaam kijiye: ghar ki dawaon ko aisi jagah rakhiye jahaan woh aasaan pahunch mein na hon, aur yeh tay kar lijiye ki ghar mein kin logon ko chaabi ya woh surakshit jagah pata hai. Ek shaant, thos kadam, bina kisi hangaame ke uthaya gaya, sachmuch ka bachaav hai aur aapke apne mann ka bojh bhi halka karta hai.

6

✿ SABKA KHYAAL RAKHNA

Aap, aur poora parivaar

✿ CHHOTA SA SAAR

Iske saath jeena daraawna bhi hai aur thaka dene wala bhi, aur aap kaise jawab dete hain yeh sachmuch maayne rakhta hai, isliye aapka khyaal rakha jaana bhi zaroori hai. Aapka apna dar, ghar ke doosre bachche, aur aapko khud sahare ki zaroorat, ye sab isi tasveer ka hissa hain.

Is daur se guzarte maa ya baap ek bhaari, lagatar bana rehne wala dar dhote hain, aur aksar tooti hui neend, apraadh-bodh, aur ek aisa mann jo band hi nahi hota. Yeh kamzori nahi hai. Itne bade tanaav ke neeche pyaar aisa hi dikhta hai. Aur yeh maayne rakhta hai ki aapko bhi sahara mile, kyunki ek shaant, pyaar bhare, tike hue maa ya baap us cheez ka hissa hain jo bachche ko ubarne mein madad karti hai: parivaar kaise jawab deta hai, isse aage ki raah sachmuch badalti hai. Apna khyaal rakhna swarth nahi hai; yeh apne bachche ko surakshit rakhne ka hi ek hissa hai.

Aap maheenon tak khaali pyaale se kisi ko nahi pila sakte. Ek aisa insaan dhoondhiye jo poori tarah aapke saath ho, jeevansaathi, bhai ya behen, koi dost, ya koi aur maa ya baap jo yeh sab samajhte hon, aur jo hissa sabse daraawna hai use unke saamne zor se kahiye. Dar chuppi mein bhaari hota jaata hai aur baantne par halka. Aapko sirf bachche ke liye nahi, apne liye bhi madad ki zaroorat ho sakti hai, aur yeh bilkul jaayaz hai.

Ghar ke doosre bachchon ko mat bhooliye. Bhai-behen aksar bhaanp lete hain ki kuch bahut galat chal raha hai, dar jaate hain ya khud ko kinare kiya hua mehsoos karte hain, aur chup reh jaate hain taaki bojh aur na badhe. Kuch sachchi, unki umar ke hisaab se kahi gayi baatein madad karti hain: ki unke bhai ya behen ka daur mushkil chal raha hai, ki bade log madad le rahe hain, aur ki woh bhi pyaare hain aur surakshit hain. Unhein har byora jaanne ki zaroorat nahi hai. Unhein bas yeh jaanna hai ki unhein bhula nahi diya gaya.

♡ AAPKE SAATH

Jin raaton mein aap dar ke maare jaagte rehte hain, aur mann mein baar-baar yeh dohraate hain ki aapne kya kiya aur kya nahi kiya, un raaton mein yeh suniye: jo maa ya baap apne bachche ko samajhne aur bachane ke liye ek poori kitaab padh rahe hon, woh naakaam nahi hain. Aap woh kaam kar rahe hain jo maa-baap ke liye sabse mushkil hai, aur aap use pyaar ke saath kar rahe hain. Khud ke saath bhi utni hi narmi bartiye jitni aap apne bachche ke saath bartne ki koshish kar rahe hain.

● YEH KARKE DEKHEIN

Aaj raat ek aise insaan ka naam sochiye jiska sahara aap le sakte hain, aur use ek chhota-sa sachcha sandesh bhej dijiye, chahe bas itna, "Apne bachche ko lekar ek mushkil daur chal raha hai, aur mujhe ismein akele nahi rehna." Apne liye haath badhana bachche ki madad se bhatakna nahi hai. Yeh usi ka hissa hai.

7

✿ JAB YEH AAPAAT STHITI HO

Khatre ke ishaare, aur madad lena

✿ CHHOTA SA SAAR

Kuch ishaaron ka matlab hai, abhi kuch kijiye: apni zindagi khatm karne ki, ya uski kisi योजना ki baat, vida lene jaisi baatein ya apni cheezein baant dena, gehri niraasha ke baad achanak shaant ho jaana. Agar khatra abhi ka ho, to turant doctor ke paas ya emergency mein jaiye, ya Tele-MANAS ko 14416 par call kijiye. Lagatar milne wali madad sachmuch kaam karti hai.

Zyaadatar waqt aapka kaam hai, paas bane rehna aur apne bachche ke visheshagya ke sampark mein rehna. Par kuch ishaare batate hain ki khatra abhi ka ho sakta hai, aur tab intezaar nahi, turant kuch karna chahiye. Yahaan apne mann ki suniye; aisi madad maang lena kahin behtar hai jiski shayad zaroorat na thi, bajaye iske ki woh pal chhoot jaaye jo maayne rakhta tha.

Mar jaane ya kisi yojna ki baat.

Apni zindagi khatm karne ka koi bhi zikr,
ya yeh ki woh aisa kaise kar sakte hain,
abhi madad lene ki wajah hai.

Vida lene jaisi baatein.

Jin cheezon se unhein lagaav hai unhein
baant dena, ya alvida jaise sandesh
likhna ya kehna.

Achanak aayi, bewajah-si shaanti.

Gehri niraasha ke baad aayi ajeeb-si
shaanti ka matlab yeh ho sakta hai ki koi
faisla le liya gaya hai, na ki haalaat
sudhar gaye hain.

Saadhan aur iraada, dono saath.

Ummeed tootne wali baaton ke saath-
saath khatarnaak cheezein dhoondhna.
Pakka hone ka intezaar mat kijiye.

Agar aapko lage ki aapka bachcha abhi khatre mein hai, to ise kisi bhi doosri aapaat sthiti ki tarah lijiye. Use akela mat chhodiye, kisi bhi khatarnaak cheez tak uski pahunch hata dijiye, aur turant madad lijiye: nazdeeki doctor ke paas ya aspataal ki emergency mein jaaiye, ya Tele-MANAS ko, jo poore Bharat ke liye muft raashtriya mann ki sehat helpline hai, 14416 par call kijiye, kisi bhi waqt, din ho ya raat. Aap is par sirf sankat ke waqt nahi, apne liye raah poochne ke liye bhi call kar sakte hain.

Aapaat sthitiyon se aage, yeh baat thaame rakhiye: jo naujawan khud ko chot pahunchate hain, unke liye madad sachmuch kaam karti hai. Theek isi ke liye bani baatcheet wali therapy parkhi ja chuki hai: woh khud ko chot pahunchana kam karti hai aur naujawanon ko is daur se paar nikaalti hai, aur visheshagya aapke parivaar ke saath milkar ek yojna banate hain. Jaldi haath badhane se aur darwaze khulte hain, aur aapse yeh ummeed nahi hai ki aap yeh sab akele dhoyein ya apne bachche ke therapist ban jaayein. Aapka hissa hai, usse pyaar karna, use zyaada surakshit rakhna, aur us madad tak uske saath-saath chalna jo kaam karti hai.

 MADAD SAATH MILKAR LENA

Doctor ya counsellor sirf aapke bachche se akele mein baat karke aapko baahar nahi kar dete. Naujawanon ke liye achcha ilaaj aam taur par parivaar ko saath leta hai, aapko ghar par karne laayak kuch kaam deta hai, aur aapko team ka hissa maanta hai. Aapne jo kuch dekha hai use shaanti se likhkar saath le jaana, ek daraawni mulaaqaat ko saath milkar kaam karne ka rishta bana deta hai.



*Jo bachcha aaj takleef mein hai,
woh madad ke saath, waqt ke saath,
aur aise maa ya baap ke saath jo
saath bane rahe, is dard ko dhone
ka koi aur tareeka pa sakta hai, aur
usse aage bhi badh sakta hai.*

● YEH KARKE DEKHEIN

Apne phone mein woh do ya teen baatein likh lijiye jinki aapko sabse zyaada fikr hai, har ek ke saath ek asli udaaharan, aur unke saath hi Tele-MANAS ka number 14416 save karke rakhiye. Ye dono taiyaar hon, to pehla call aur pehli mulaqaat, dono kahin zyaada shaant aur kahin zyaada kaam ki ho jaati hain.

YEH JAANKARI KAHAN SE HAI

- Swannell SV. Prevalence of nonsuicidal self-injury in nonclinical samples: systematic review, meta-analysis and meta-regression. *Suicide Life Threat Behav*, 2014. doi.org/10.1111/sltb.12070
- Liu RT. Prevalence and Correlates of Suicide and Nonsuicidal Self-injury in Children: A Systematic Review and Meta-analysis. *JAMA Psychiatry*, 2022. doi.org/10.1001/jamapsychiatry.2022.1256
- Siddaway AP. Characterizing self-injurious cognitions: Development and validation of the Suicide Attempt Beliefs Scale (SABS) and the Nonsuicidal Self-Injury Beliefs Scale (NSIBS). *Psychol Assess*, 2019. doi.org/10.1037/pas0000684
- Dazzi T. Does asking about suicide and related behaviours induce suicidal ideation? What is the evidence?. *Psychol Med*, 2014. doi.org/10.1017/S0033291714001299
- Mann JJ. Improving Suicide Prevention Through Evidence-Based Strategies: A Systematic Review. *Am J Psychiatry*, 2021. doi.org/10.1176/appi.ajp.2020.20060864
- McCauley E. Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide: A Randomized Clinical Trial. *JAMA Psychiatry*, 2018. doi.org/10.1001/jamapsychiatry.2018.1109
- Mehlum L. Dialectical behavior therapy for adolescents with repeated suicidal and self-harming behavior: a randomized trial. *J Am Acad Child Adolesc Psychiatry*, 2014. doi.org/10.1016/j.jaac.2014.07.003

AUR PADHNE KE LIYE

- NHS: Help for parents and carers of a child who self-harms

Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.