



GOVERNMENT OF SIKKIM
HEALTH & FAMILY WELFARE DEPARTMENT




SIKKIM CHOOSES HOPE

15.8% DECLINE IN STATE SUICIDE RATES (2022-2024)



SUICIDE IS PREVENTABLE WHEN PEOPLE RECEIVE
TIMELY SUPPORT, TREATMENT, AND CARE.

 **YOU ARE NOT ALONE. WE ARE HERE TO LISTEN.**
24/7 CONFIDENTIAL SUPPORT HELPLINE

- **Tele-MANAS:** 14416 or 1800-891-4416
- **Crisis Helpline:** 03592-202111 / 1800-345-2445

**Services also available at STNM Hospital and all District Hospitals across Sikkim.*

