

A. M. P. (Government) Law College Rajkot

World Suicide Prevention Day (September 10, 2025)

A Special Appeal to All Students

Your feelings matter. If you're struggling, you don't have to face it alone. Reach out — to friends, family, or our counselling center.

If you see a friend in pain, be the one to listen, support, and encourage them to seek help.

Together, we can break the silence and build a campus where everyone feels safe, heard, and valued.

Remember — You are not alone. Your life is precious. Your voice matters.

Resources Available

- Counselling Center:

Crisis Helpline: Local Helpline Number

National Suicide Prevention Helpline:

9152987821 (24x7 Helpline by Ministry of Health)

AASRA Foundation: 91-22-2754 6669

VISHWAS Mental Health Helpline: 14416 (24/7 toll-free)