

Key Trainings at CSRI

1

Dialectical Behavior Therapy (DBT) Training

2

Question, Persuade, and Refer (QPR) Training

3

Trauma-Informed Care Workshops

4

Psychological First Aid (PFA) Training

5

Cultural Sensitivity in Mental Health Training

6

Gender-Based Violence (GBV) Response Training

7

Mental Health & Crisis Intervention for First Responders



Get in touch!

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*Centre For Suicide
Research and Intervention*



*Preventing suicide,
reducing its impact*

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About Us

At the Center for Suicide Research & Intervention (CSRI), we are committed to preventing suicide and reducing its impact through research, education, and direct intervention.

Our Mission and Vision

Preventing Suicide, Reducing its Impact

We envision a region where we have sustainable comprehensive evidence-based suicide Prevention & Intervention strategies as part of public health.

Our Values

Compassion
Integrity
Diligence
Humility

Our Core Programs

1. Suicide Awareness & Intervention Programs

Awareness Campaigns:

- We run public awareness initiatives to break the stigma surrounding suicide and mental health, focusing on early detection of warning signs and encouraging individuals to seek help.

Support Groups:

- Facilitated by trained professionals, these groups provide a safe space for those experiencing suicidal thoughts, as well as for survivors of suicide loss.

24/7 Helpline:

- Our helpline offers immediate crisis support to individuals in distress and their families. Trained counselors are available around the clock to provide emotional support and guidance.

EmpowerMums Program:

- Focused on maternal mental health, this initiative offers mental health support to mothers experiencing prenatal and postpartum depression, with an emphasis on those affected by GBV

2. Community Outreach & Educations

School-Based Mental Health Education

- We partner with schools and conduct mental health awareness workshops that focus on building resilience, understanding mental health, and preventing suicide in young people.

Corporate Mental Health Programs

- We offer tailored training sessions and mental health workshops for organizations, aiming to create supportive workplace environments that prioritize employee well-being.

Community Engagement Events

- Regular public forums, seminars, and events designed to foster open conversations about mental health and suicide prevention.

Art Therapy for Mental Health

- Using creative forms like painting, drawing, and sculpting, these sessions provide a therapeutic outlet for individuals to express their emotions and experiences, particularly helpful for those dealing with trauma or loss