

**Public Relations Department, Chandigarh Administration**  
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**Press Release**

**Chandigarh, August 27— Asha Helpline, a suicide prevention helpline which was inaugurated at the Civil Hospital, Manimajra, by Dr M. S. Bains, Director Health Services and Family Welfare, UT, yesterday, has attracted good response. More than 20 cases of depression, the mother of suicidal tendency, reported today.**

**At this Helpline with contact nos. 2735436 and 2735446, telephonic as well as face-to-face counselling is provided to depression-driven suicide-prone persons and members of their families. "This helpline is run by trained counsellors under the supervision of a psychiatrist between 8 am and 7 pm, Monday to Saturday. Shortly, we propose to make it round-the-clock service", Dr Bains said.**

**The increasing rate of suicides in Chandigarh is becoming a matter of concern for the UT Administration as well medical personnel. Experts maintain that if timely and proper medical and psychological care is provided to a person vulnerable to suicide, the rate of suicide can be brought down considerably.**

**The incidence of suicide in India is one lakh per year, especially among the teenagers. The incidence is increasing by the day due to the stressful life-style and immense pressure related to careers, studies and deteriorating relationships.**