

Being Human

Sangeeta Mahajan.
Trustee PAPYRUS.

Saagar Naresh
20.





Verdict

Guilty



Now what?



Mine!!!

On Children...

Your children are not your children.
They are the sons and daughters of Life's longing
for itself.
They come through you but not from you,
And though they are with you yet they belong not
to you.

“Prophet’ by *Khalil Gibran*.





Acceptance



Surrender



Collateral Beauty



Loving kindness



The image features a repeating pattern of stylized yellow birds and pink flowers with yellow centers, set against a light blue background. The pattern is enclosed within a gold-colored grid. The text "The NOW" is overlaid in the center in a bold, red, sans-serif font.

The NOW

Pet a cat when you encounter
one on the street.

- Prof. Jordan Peterson.

The background of the slide is a dense, repeating pattern of stylized teal and dark green leaves and flowers, reminiscent of a Victorian-era wallpaper or textile design. The pattern is intricate, with various leaf shapes and floral motifs interwoven.

Forgiveness



Gratitude



Impermanence



Victim?



Bitter-sweet

There is nothing so whole as a broken heart.

- *Menachem Mendel of Kotzk*



Vision



Language of Empowerment

The wound is where the light enters you.

- *Rumi.*

Let everything be your teacher.

- *Buddha*

What helped:

- People
- Writing / Public speaking
- Nature /Yoga/ Meditation
- Arranging flowers
- Working with Saagar's school and University.
- Sharing / Listening / Singing
- PAPYRUS : Activism and education (Youth MHFA)
- Counselling: Group (SOBS) and Individual
- Being in the present moment.





Grief is ...

L O V E

I'm a doctor - but that didn't save my son from suicide

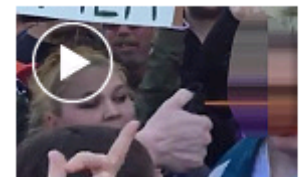
Despite her training, Sangeeta Mahajan was unprepared for the speed and severity with which her son's bipolar disorder progressed. To mark World Suicide Prevention Day, she shares what she has since sadly learned



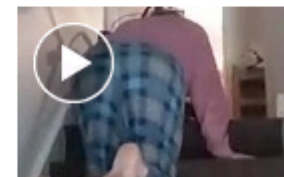
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Large rat climbs on sleeping commuter



Teen pepper-sprayed at Trump rally



Disabled great-grandfather denied stairlift and forced to crawl



Elderly wombat rescued after being attacked





Sangeeta Mahajan
Mental health educator and activist

THE BLOG

Suicide - The Silent Epidemic

06/01/2016 12:33 GMT | Updated 06/01/2017 05:12 GMT

632 f t w p in e

Saagar is a handsome young man. A gifted linguist, musician and cricketer, he has a heart of gold and a great sense of humour. He is studying French and Arabic at University. He is my gorgeous son.

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LIFESTYLE



Sangeeta Mahajan
Mental health educator and activist

THE BLOG

Eighteen Months On...

15/05/2016 16:59 BST | Updated 16/05/2017 06:12 BST

384



It was a tsunami that hit and took off chunks of my heart, my reality, sanity and future with it. I was utterly unprepared for the nightmare that was about to ensue.

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Huffington Post



Sangeeta Mahajan
Mental health educator and activist

THE BLOG

Thirty Months On

10/05/2017 12:32 BST | **Updated** 10/05/2017 12:32 BST



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Human factors in suicide prevention

[Dr Sangeeta Mahajan](#), [Dr Craig Johnstone](#), [Dr Sangeeta Mahajan](#), more...

First Published September 12, 2017 | Research Article

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Altmetric

0



SAGE Recommends

FEEDBACK

Abstract

This article uses a case study to discuss the importance of human factors in maintaining patient safety in the community. Although the case relates to a patient suffering from mental illness, the principles discussed here are transferrable to physical illnesses. This article aims to describe some of these human factors and how they relate to the healthcare setting.

Healthcare Network

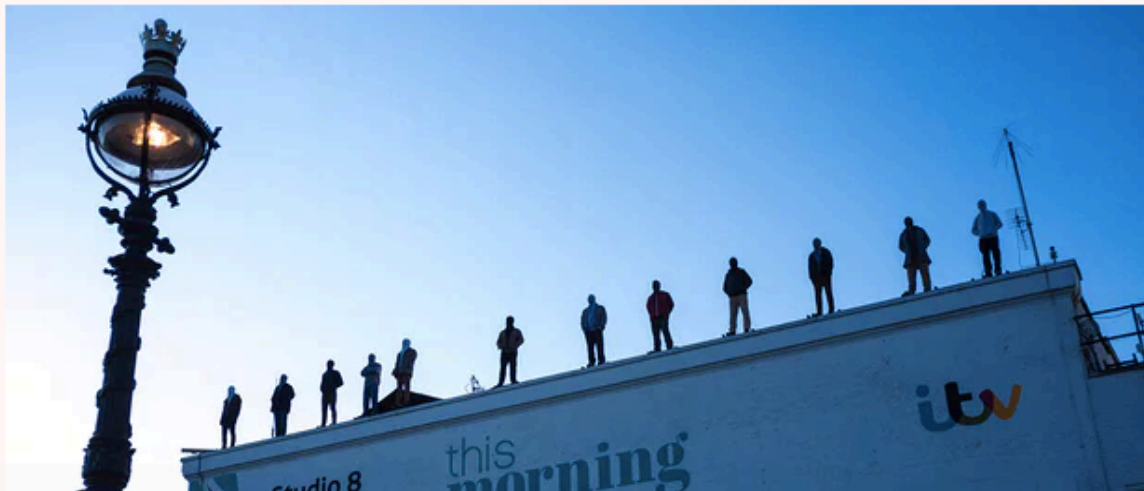
Sangeeta Mahajan

Tue 10 Apr 2018
09.46 BST



Doctors knew my son was suicidal. I should have been told before he died

Professionals denied me the chance to be there for my boy when he needed me the most



most viewed



Live World Cup 2018 quarter-final: Brazil 1-2 Belgium - as it happened



Theresa May secures approval from cabinet to negotiate soft Brexit



Brazil knocked out of World Cup by Kevin De Bruyne and brilliant Belgium



Donald Trump to almost entirely avoid London during UK visit



Sinkhole traps truck as UK

Blog

www.kidsaregifts.org











PAPYRUS


Spot the Signs Campaign

(<https://papyrus-uk.org/help-advice/resources/spot-the-signs>)

PAPYRUS



**Over 200 schoolchildren are lost
to suicide every year in the UK.**

 **PAPYRUS**
prevention of young suicide
HOPELineUK
0800 068 41 41
Save The #ClassOf2018

Free on-line training (ZSA)



Zero Suicide Alliance | Because **ONE** life lost is **ONE** too many

RELIAS

FREE SUICIDE PREVENTION TRAINING COURSE

This training will teach you how to recognise the warning signs and safeguard someone that could be contemplating suicide.

The free, 20 minute course will teach you:

- How to identify when someone may be having suicidal thoughts or behaviour
- How to talk openly and confidently to a suicidal person about their thoughts and feelings
- The best process for signposting individuals to services or support networks that can help them.

Sign Up For The Course press ENTER

<https://www.relias.co.uk/zero-suicide-alliance/form>

Resources: 1

- Blog: kidsaregifts.org
- Website: sangeetamahajan.org
- Facing the future (<https://www.samaritans.org/facing-the-future>)
- Papyrus Charity for prevention of young suicide (<https://www.papyrus-uk.org/>)
- Zero Suicide Alliance (<https://www.zerosuicidealliance.com/>)
- Amaravati – Recordings of Buddhist teachings (<https://www.amaravati.org/audio/>)

Resources: 2

- Book 1: '12 Rules for life – An antidote to Chaos' by Prof. Jordan B. Peterson
- Book 2: 'The Power of Now' by Eckhart Tolle
- Book 3: 'The Prophet' by Khalil Gibran

We can hold the horror and the wonder of life at once...it's a more mature and complex stance than simple happiness. Because life, it's the whole shebang. When we're willing to feel everything is when we are really living.

- *Menachem Mendel of Kotzk*

Thank you!