

Being Human

Sangeeta Mahajan.
Trustee POPYRUS.

Saagar Naresh
20.





Verdict

Guilty



Now what?



Mine!!!

On Children...

Your children are not your children.

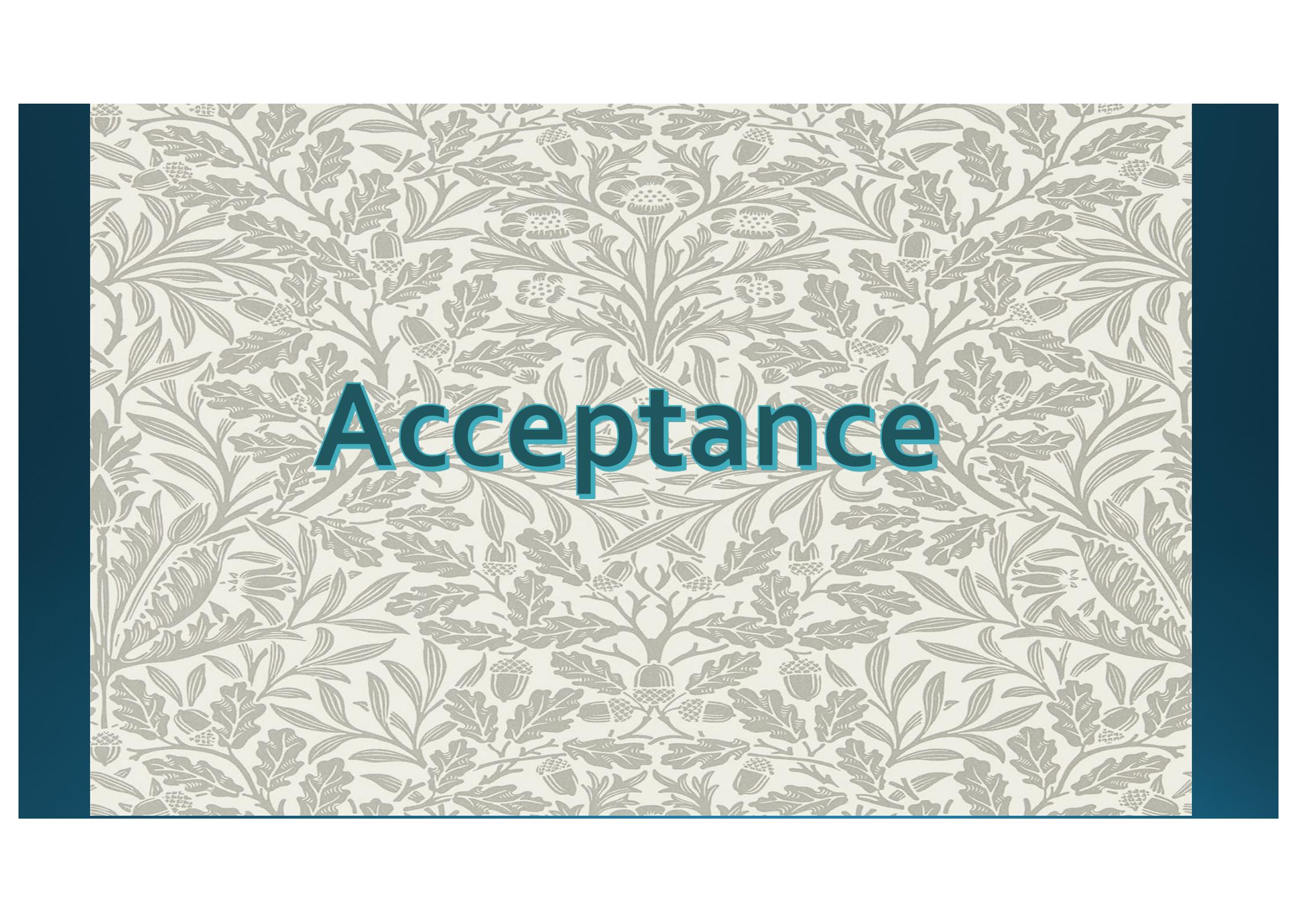
They are the sons and daughters of Life's longing for itself.

They come through you but not from you,
And though they are with you yet they belong not to you.

“Prophet’ by *Khalil Gibran*.



Honour



Acceptance



Surrender

A repeating floral pattern on a light background, featuring various flowers in shades of red, yellow, and green, with the text "Collateral Beauty" overlaid in a purple font.

Collateral Beauty



Loving kindness



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 teal and dark green floral motifs, possibly a damask or brocade style. The pattern features stylized leaves and flowers, creating a rich, textured appearance. The overall color palette is monochromatic, ranging from deep navy blues to bright, vibrant teals.

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
- POPYRUS : 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

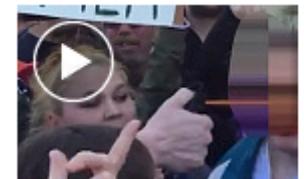
Despite her training, Sangeeta Mahajan was unprepared for the speed and severity with which her son's bipolar disorder progressed. To mark World Suicide Prevention Day, she shares what she has since sadly learned



Latest Video»



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

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.

SUBSCRIBE AND FOLLOW
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.

SUBSCRIBE AND FOLLOW

Huffington Post

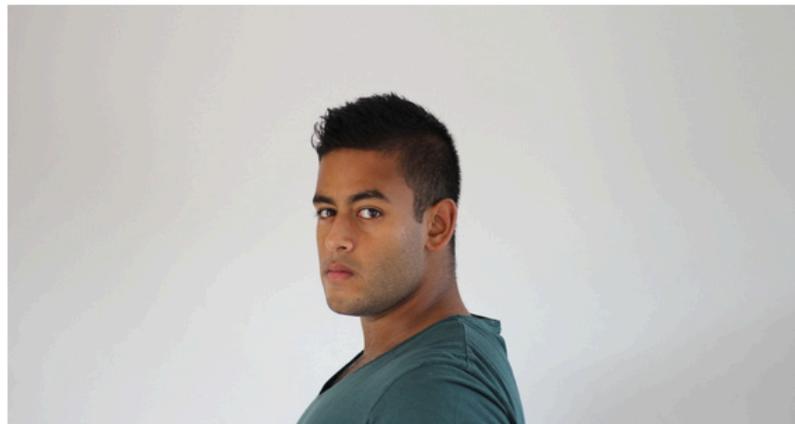


Sangeeta Mahajan
Mental health educator and activist

THE BLOG

Thirty Months On

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



SUBSCRIBE AND FOLLOW LIFESTYLE

Get top stories and blog posts emailed to me each day. Newsletters may offer personalized content or advertisements. [Learn more](#)

 **Newsletter**

[Subscribe Now](#) →

Article Menu

Close ^

Download PDF 

 Full Article

Content List

Abstract

The GP curriculum and suicide

Human factors in suicide prevention

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

First Published September 12, 2017 | Research Article |  Check for updates

[Article information](#) v

 0 

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!