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Outlive: Youth Suicide Prevention Program

Suicide is the leading cause of death among young people aged 15-29 in India. Suicide is a result of different factors which affect a young person's well-being. While there is no one cause of youth suicides, there are many ways to prevent it.

Outlive is a youth suicide prevention program led by the Centre for Mental Health Law & Policy, Indian Law Society (CMHLP, ILS) and was developed in collaboration with Sangath and Quicksand Design Studio. Outlive addresses urban youth suicides in India by engaging youth (aged 18-24) with experiences of suicide/self-harm, distress or mental health problems.

Our Core Programs

resources

Library of articles, guides and knowledge resources

outlive chat

Anonymous chat-based peer support for youth in distress or having thoughts of suicide

university campaign

Events and poster campaign to bust myths around suicide prevention

Latest from Outlive



On February 1, 2025, Outlive hosted interactive workshops with AMSA (Applied Mechanics scholars Association) and MITR (Mental health and intervention resource), where 50+ students engaged in discussions on mental health, distress, boundaries, and peer support.



Outlive Chat Presented at Rethinking Mental Health Care conference organized on 27th February 2025. Discussing tech and safeguarding in peer support, Outlive's work sparked important conversations at the global forum.



Outlive was presented at the National Conference on Suicide Prevention organised by Anjali, a mental health rights organisation, on 3rd and 4th February 2025, at Vivanta Kolkata.



On March 27, 2025, Outlive facilitated an interactive session at ADYPU, fostering engagement, reflection, and peer-driven support among university students.



On March 29, 2025, Outlive set up an engaging resource booth at FLAME University's National Conference of Psychology, featuring myth-busting posters on suicide, self-care tools, and QR-accessible stickers linking to Outlive Chat.



Outlive was featured at the 7th IAYMH Conference (March 18-21, 2025, Vancouver), co-facilitating discussions on adapting global youth mental health policies and presenting the YASP Fellowship on youth-led suicide prevention.

talking about suicide is the first step to preventing suicide

A collection of real stories of youth in India, collected as short films and text interviews.



On the outside I was successful, but I was struggling with suicidal thoughts

Sanya, 28

MENTAL HEALTH

DEPRESSION

SELF-LOVE

SOCIAL SUPPORT

THERAPY

More Stories from Our Community



Living with Self-Harm: Adrija's Journey of Survival

Adrija, 29

- MENTAL HEALTH
- DEPRESSION
- SELF-HARM



Suicide felt like my escape from a bad situation, but therapy saved me

Meghna, 32

- MENTAL HEALTH
- TRAUMA
- SOCIAL SUPPORT
- THERAPY
- MEDICATION
- DEPRESSION
- TOXIC WORKPLACE



Our Interventions

youth advocacy

Outlive's Youth Action for Suicide Prevention Fellowship empowers young people to drive systemic change by engaging policy makers on youth suicide prevention in their communities.

peer support

Outlive is training a network of youth volunteers to provide chat-based emotional peer support to youth who are in distress or having thoughts of ending their lives.

public engagement

Outlive shares personal stories by youth, creates multimedia resources, and conducts youth-focused public events, awareness workshops and social media campaigns to build dialogue on suicide prevention and break stigma.

Testimonials

“

The peer supporter was very supportive and reassured me exactly how I wanted to be reassured.

Outlive chat support seeker

”

“

She helped me out; she is a good one who supported me when I was feeling lonely. Now I am feeling good because of that peer, thanks to this platform!

Outlive chat Support seeker

”

“

The volunteering brought a sense of purpose and despite the limited people I could help through the platform, I know the learnings will remain for life. I try to utilize them in my everyday conversations and focus on my own well-being through self-care.

*Outlive peer supporter
(volunteering feedback)*

”

More Voices from Our Community

For me it was an eye-opener about how mental health is connected to suicide.

Outlive YASP Fellow

The workshops were engaging, and the team was very open. I got to learn a lot from the other mentors and the collaborative process really added to the learning. The workshops provided structure and a lot of clarity for the project and the expectations and now I am eager to take this forward.

Outlive peer supporter (training feedback)

This program helped me to look past the preconceived notions and misinformation regarding suicide prevention and gain an evidence-based understanding of the struggles and factors affecting suicide especially in young adults. The facilitators were very knowledgeable and created a safe space for the supporters to ask questions and resolve doubts. The in-depth approach really helped me imbibe the training given and use it effectively

Outlive peer supporter (training feedback)

I learnt how to be more empathetic and also got a real picture of how events can affect individuals. It's hard to accept when one hasn't experienced similar events, but the impact can be detrimental, and in those times it's important to reach out to a safe space. Outlive does that.

Outlive peer supporter (volunteering feedback)

Made me very independent and direct - confident - we were able to highlight the points that we wanted implemented. YASP gave us this empowerment to do it as youth - empowered us to speak in front of these policymakers.

Outlive YASP Fellow

Contact & Contribute

Get Involved

If you'd like to volunteer, or have queries, suggestions, or collaborations in mind, reach out to us at contact@outlive.in

 Outlive chat

contribute to outlive

Subscribe to our newsletter

A weekly newsletter to update you about events, interventions, and resources we've developed for preventing youth suicides in India.