

Kya aapka dost theek hai?

Har hostel aur lodge mein koi na koi chupchaap jhel raha hota hai. Madad karne ke liye expert hona zaroori nahi. Bas dhyaan dijiye, poochhiye, aur saath rahiye.

1 Dhyaan dein

Ek-do hafte se zyada chalne wale badlaav:

- Khaana, class ya test chhodna
- Din bhar sona — ya bilkul na sona
- Kamre mein band rehna, sabse bachna
- Apni cheezein baant dena, alvida jaisi baatein
- "Kya fayda?" · "Main bojh hoon" · "Mere bina sab theek rahenge"

2 Poochhein

Akele mein, seedhe aur saral shabdon mein poochhiye:

"Tum kuch dinon se theek nahi lag rahe. Sab theek hai?"

Agar aatmahatya ki chinta ho, toh seedhe poochhna bilkul theek hai:

"Kya tum apni zindagi khatm karne ke baare mein soch rahe ho?"

Research batati hai ki poochhne se yeh khayal dimaag mein **nahi** aata. Aksar isse rahat milti hai.

3 Sunein

- Phone side mein rakhiye. Unhe bolne dijiye.
- Behas, lecture ya "doosron ki haalat isse buri hai" mat kahiye.
- Agar jaan ka khatra ho, toh raaz rakhne ka vaada mat kijiye.
- Kahiye: **"Batane ke liye shukriya. Tum akele nahi ho."**

4 Jodein

- Unhe counsellor, warden, teacher, parivaar ya doctor tak pahunchaiye — aaj hi.
- Agar turant khatra ho, toh **unhe akela mat chhodiye**. 112 par call kijiye.
- Akele call karna mushkil ho, toh Tele-MANAS ko saath milkar call kijiye.
- Kal phir haal-chaal poochhiye.

Muft madad — apni bhasha mein, din ho ya raat

14416

Tele-MANAS · 24×7
ya 1-800-891-4416

112

Emergency
(18 se kam umr: Childline 1098)

Apna bhi khayal rakhiye. Dost ka saath dena bhaari ho sakta hai. Sab kuch theek karna aapki zimmedari nahi — bas unhe sahi logon tak pahunchana hai. Apne mann ki baat bhi kisi bharosemand insaan se kijiye.

Evidence: Dazzi T, Gribble R, Wessely S, Fear NT. Does asking about suicide and related behaviours induce suicidal ideation? What is the evidence? *Psychological Medicine*. 2014;44(16):3361–3363. Yeh poster jaagrukta ke liye hai; ilaaj ka vikalp nahi.

Dr. Saurabh Kumar · MD (Psychiatry) AllMS New Delhi · Associate Professor & HOD, RDJM Medical College · Ex-Assistant Professor, PMCH Patna · Consultant, Healthy Minds Clinic, Patna
Healthy Minds India · House No. 46/B, Sahdeo Mahto Marg, near Sri Krishna Puri Park, Patna 800001 · 7050024223 · 9060484416 (non-emergency) · patnapsy psychiatry.com

Edition 1.0 · October 2026 · © 2026 Healthy Minds India, Patna. All rights reserved. May be photocopied for personal and educational use. Hostel, lodge, library aur coaching centre mein muft lagaayein.