



## Overview

Close to 800,000 people die due to suicide in the world every year, which equals to 1 death by suicide in every 40 seconds. The crude death rate in Malaysia to suicide is around 5.5 per 100,000 population. Alarmingly, the number of those ending their life in suicide appears to be on the rise despite on going efforts to curb the epidemic.

“Voice Out” is an inaugural event organized in conjunction with ‘World Suicide Prevention Day’ and ‘World Mental Health Day’, aiming to propagate the awareness of suicide, factors related to suicide, bullying & victimization, and instilling insight into prevention and management. Another hidden agenda of the program is to tackle the issue of stigma surrounding suicide. Stigma and criminalization of suicide has further hindered efforts. This one-day event composes of a mixture of interactive talks and hands-on workshops addressing the issue of suicide, with the objective of inspiring efforts of suicide detection and prevention at schools, colleges, universities and at the work place.

## Program

TIME	TOPIC		SPEAKER
0800-0830	Registration		
0830-0900	Introduction		Dr Sivakumar
0900-0945	Voice Out - Working Together Towards Zero Suicide		Mr Gangadara Sinnadurai
0945-1030	Facts, Effects and Combating Bullying		Ms Mabel
<b>1030-1100</b>	<b>BREAK</b>		
1100-1145	50 shades of white		Mr Paul Jambunathan
1145-1245	Panel Discussion		Mabel/ Gangadara S/ Paul J
<b>1245-1400</b>	<b>LUNCH</b>		
1400-1700	<b>Workshop 1</b> Workshop on Suicide Prevention for the Public  Ms Sam Tee & Befrienders JB	<b>Workshop 2</b> Workshop on Suicide Prevention for Treatment Providers  Dr Cindy / Dr Marina	<b>Workshop 3</b> Workshop on Bullying and Victimization among Children & Adolescents  Dr Rahidah
<b>1700</b>	<b>CLOSE</b>		

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