



Let's Talk: Youth Mental Health & Suicide Prevention

Project Number:12

Date:26 September, 2026

Location: Google Meet

Hosted by:

Interact Club of Matribhumi Baluwatar

Collaborated with:

Interact Club of Kathmandu (Zone 6)

Interact Club of Golden Gate International College (Zone 6)

Interact Club of Emerald Academy (Zone 1)

Interact Club of Shikshantar School (Zone 6)

Interact Club of Newroad City (Zone 6)

Interact Club of Annapurna High School (Zone 6)

Interact Club of Manaslu World College (Zone 6)

Interact Club of Valley Public High School (Zone 6)

Interact Club of Gyaneshwor Swati Sadan (Zone 6)

Interact Club of Evergreen (Zone 6)

Interact Club of Machhapuchre Rising Stars (Zone 8)

Interact Club of Narayani Public (Zone 2)

Interact Club of Greenland (Zone 2)

Interact Club of SOS Hermann Gmeiner School Bharatpur (Zone 2)

Interact Club of Orchid School (Zone 2)

Interact Club of Gyaneswor (Zone 6)

Interact Club of Creative Academy Kirtipur

Specified Committee: Community Service

Area of Focus: Basic Education and Literacy

About 'Let's Talk: Youth Mental Health & Suicide Prevention

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1. Introduction

The **Interact Club of Matribhumi Baluwatar**, in collaboration with Interact Clubs from different zones across Nepal, successfully organized a national-level online awareness and interaction session titled **"Let's Talk: Youth Mental Health & Suicide Prevention"** on **26th September 2026** via Google Meet.





2. Project Summary

Held under the theme “A Conversation That Could Save a Life,” the session focused on understanding youth mental health, promoting awareness regarding suicide prevention, recognizing warning signs, and encouraging young individuals to seek appropriate support when needed.

The session was conducted as an interactive awareness program, with the floor given to the main speaker for a **45–60 minute session**. The discussion covered various aspects of youth mental health and suicide prevention, including recognizing warning signs, understanding emotional struggles, seeking help, and techniques for grounding oneself during periods of anxiety and distress.

The session was led by **Mr. Abhimanyu Narsing KC**, a practitioner with an academic and professional background in social work, psychology, and human rights. He completed his early schooling and +2 education at Sainik Awasiya Mahavidyalaya, Sallaghari, before pursuing BSW and MSW with specialization in Clinical Psychology at Tri-Chandra College. He has served as a Senior Human Rights Officer in Nepal, Director of Psychiatric Relations at Maryknoll Nepal (Ashadeep), and previously worked as a Psychology lecturer at St. Xavier’s College, Maitighar.

A special **Anonymous Youth Q&A** segment was included in the program, allowing participants to raise questions and concerns anonymously. This created an additional avenue for participants to engage with sensitive topics and seek guidance without having to disclose their identities.

The program was hosted by the **Interact Club of Matribhumi Baluwatar (Zone 6)** and supported by collaborating clubs from Zones 1, 2, 6, and 8. The session successfully encouraged open conversation around youth mental health and highlighted the importance of awareness, empathy, early recognition of warning signs, and reaching out for appropriate support

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3.Feedback

““Many people still find it difficult to openly talk about mental health, seek help, or even acknowledge that they may be struggling. Because of the event, we were able to learn something new regarding mental health, and that discussions helped create a better understanding of the importance of mental health and well-being. So, hopefully the event opened a platform for young people to talk about mental health more freely, to listen without judgment, and most importantly, to understand that taking care of our mental health is also essential.” said Itr.Shreya Shrestha, Event Chair and International Service Director of Interact Club of Matribhumi Baluwatar.

Itr. Roshani Kumari

Mahato

President RY(2026/27)

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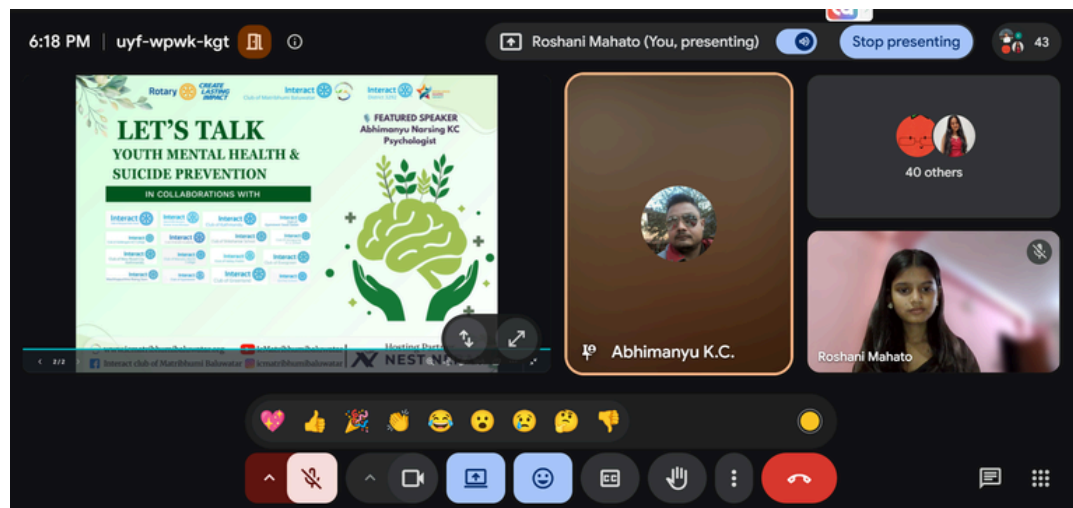
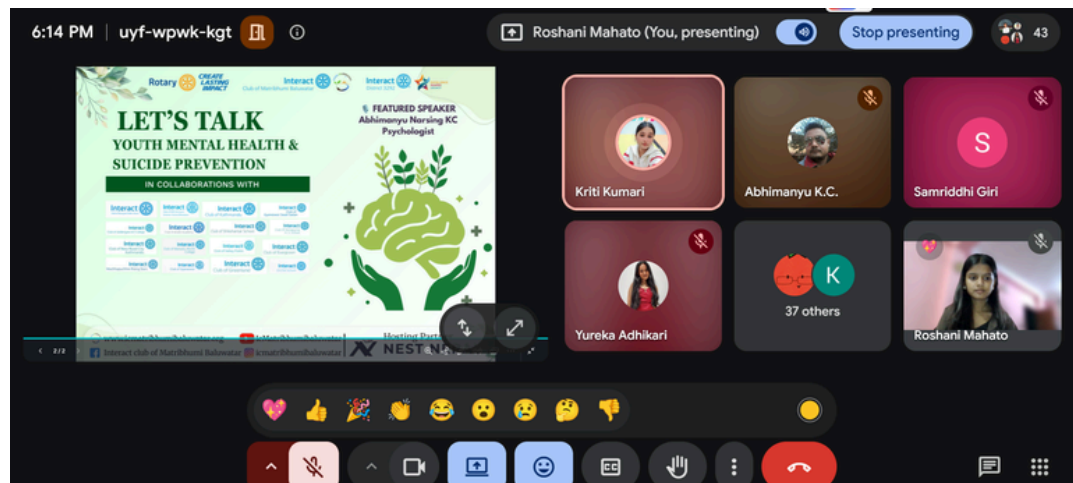
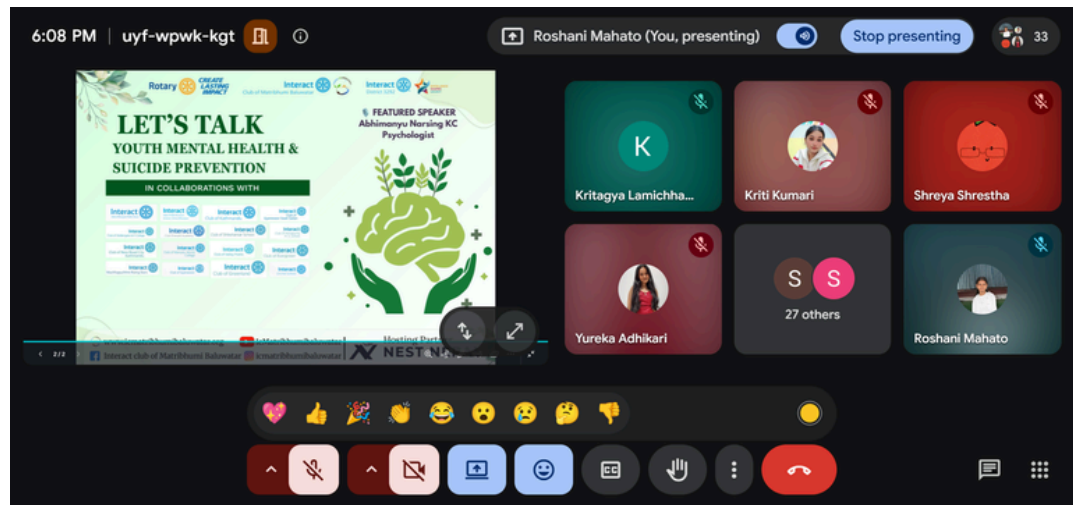
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