

Your life is valuable! Let us safeguard it together

There may be many moments in life when you feel lonely and unwanted. There is a sense of feeling unloved by those around you. The situation seems to offer no alternatives or solutions. There is loss of hope and a feeling of helplessness.

Usually bright-eyed, now exhausted Lata shared,
“My friendship with a young man had become the cause of constant fights at home. The strain had intensified with these fights resulting in physical abuse at home. That is when I could bear it no longer. To put an end to my misery, I drank phenyl.”



Twenty year old, newly-wed Kavita shared,
“I was fed up of this constant physical abuse from my in-laws for every little thing. I was very disappointed with my husband's silence on the matter and felt as though my life was useless. I felt as though ending my life was the only way out.”

Twenty-three year old Noora said,
“My two-year old daughter kept falling sick. I was tired of my husband not showing any concern. Things became worse when he lost his job. I felt completely helpless and decided to end my life.”



The consequences of ending your life can be very harmful. It can have strong negative effects on your health.

But life is calling you back. There is now meaning to this new life. Let us hear it from these women:

“Belief in myself and support from my parents have boosted my morale. Disappointment has now left me. I have gained the strength to face difficult circumstances.”



“I look back and realize that I was wrong in thinking that my life was useless. I made a mistake in trying to give up my valuable life.”

“Medical treatment at the right time saved my life. I am reliving my life for the sake of my daughter. You have consoled and reassured me, offering me hope.”



There may be many moments in your life when you face financial trouble. You may face problems from your husband, his family or find yourself in other difficult situations. You are not the only one responsible for these tough situations that crop up in your life. Remember, no situation is of greater importance than your life.

These difficult moments can lower your strength. This strength can be regained. You can build trust and believe in yourself again. Let us walk with you through your difficult times. Let us build hope together.

Share your troubles with us at the Crisis Centre.
You are not alone. We are with you. Get in touch with us.



Crisis Intervention Centre for Women

(Asilo)/ North Goa District Hospital, O.P.D. No. 33, Near Pharmacy,
Mapusa Goa - 403507.

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Time: Mon to Fri 9:00 a.m. to 4:30 p.m.
Sat 9:00 a.m. to 12:30 noon