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Let's talk about Mental Health

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Let's have a look at some statistics

We recently conducted a Survey and we have gathered the following information

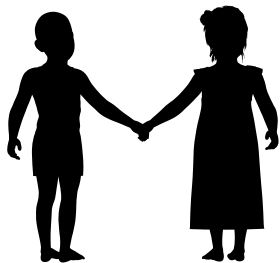


The vast majority of respondents were female, at 62%.



The respondents age range is between 18 to 25 years

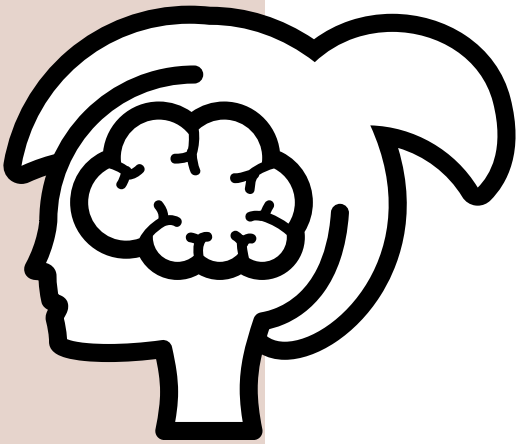
One step at a time



Majority of the respondents feel that friends and family are important for improving mental health awareness among young adults



54.8% respondents have felt some issues related to mental health



Majority of the respondents feel that mental health problems are treatable

**Make
YOUR mental
Health a
Priority**

A very small majority of respondents, at 33.3% are ready to work or go to school with people who suffer from a mental health issue



THE FROG & MOUSE



A STORY

There once lived a mouse and a frog who were good friends. The frog would hop out of the pond every morning to go meet the mouse who lived in a hole inside a tree. Soon, the frog grew hostile towards the mouse since the mouse never made an effort to come to visit him.

The frog hatches a plan to punish the mouse. One sunny morning, while visiting the mouse the frog ties one end of a string to his leg and the other end to the mouse's tail. He bids goodbye to the mouse, hops away, and jumps into the pond dragging the poor mouse with him. Unable to free himself, the mouse drowns and dies. The mouse's body floats on top of the water while the frog laughs maniacally.

A passing hawk notices the floating mouse, swoops down and picks up the mouse. It is only when the hawk picks up the mouse does the frog realize that he is still tied to the mouse by the string and watches in fear as he is dragged away too. The frog fails to escape the hawk and soon dies.



In your quest to dig a deep pit for your enemy, you might fall into it yourself. Our smallest ego filled with the intention of revenge will engulf us too.

5 Movies about Mental Health

Dear Zindagi

Dear Zindagi is all about a confused human battling with her inner demons.

Kaira is a happy-go-lucky cinematographer who faces setbacks both professional and personal lives.



And what happens when she meets a therapist and how things change forms the crux of the story. The film is not so cliché and seamlessly portrays both the problems and therapy. The greatest takeaway from the film is normalizing therapy and how it's done apart from the usual portrayal of constant advices and hardcore clinical terms.

5 Movies about Mental Health

Tamasha



Ved, an engineer who tries to fit in the norms of society and loses himself in the process. He seems struggling with himself.

Even though there are so much speculations of what clinically he faces but it gives us an idea of how taxing it would be if we lose our true self. He goes to a story teller to know more about himself and his life. Some may find this absurd but hey talking can truly work like magic! But the important takeaway is its important to know yourself and be yourself !

5 Movies about Mental Health

Kumbalangi Nights

This peoples favourite film delivers some strong mental health messages.



It's about how four brothers grudgingly stay in the house. Though it shows chaos and outbursts but scenes like where the characters speaking out an wishing to see a therapist subtly breaks the norm. Another beautiful thing here is it tells “what” more than “why”.

5 Movies about Mental Health

Joker



This highest grosser worldwide tells more strongly about bullying and isolation and the harsh reality surrounding that .

This movie is quite intense and shows that mental illness is quite unpredictable and can occur to anybody . Not every time people can go to extreme conditions but yes we come to know how mental illness can affect you seriously. The film may be controversial, yet conveys deep message.

5 Movies about Mental Health

Aalavandhan

This classic movie gave a major lesson on parenting. This tells us that how a strange childhood can impact one's entire life.



The villain having a sour relationship with his step mother , is mentally ill and forgets to trust his own kith and kin. Ill treatments by step mother is not something new but the way they deal this. The reassurance given by the hero at the end slightly hints us, Parents are Parents, good or bad.

MENTAL HEALTH AWARENESS IN INDIA



What is mental health? Are you aware about mental health?

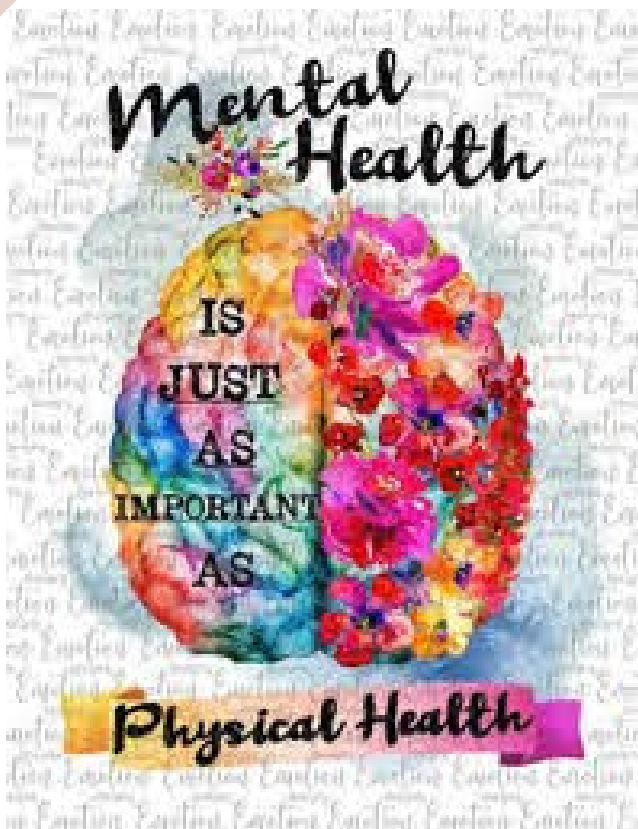
In India whenever we talk about mental health people think the person is psycho. In India, consultation about the mental health issues is still considered a social stigma due to which people avoid seeking treatment for mental ailments. Mental health can be influenced by a variety of factors, including life events or even your genetics.



WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 10000 population; the age-adjusted suicide rate per 10000 population is 21.1. The economic loss due to mental health conditions, between 2012-2030, is estimated at USD 1.03 trillion. Earlier this year, a question was asked in Lok Sabha on data related to mental health.

The question requested for the count of patients treated for mental health issues, government's effort to maintain prevalence data on mental disorders, and the details of funds spent. It is tough to decide what was more dismal: the data that was shared or the lack of it.

The ministry answered that there is no central aggregation of statistics on treatment for mental disorders and that they only have patient visit data from three central institutes dedicated to mental health.



It is hard to believe that a country where every 7th person will likely have a mental disorder in his/her lifetime doesn't even bother to collate data at one place.

These are some of the most common mental illnesses affecting people: -

Bipolar Disorder

It is characterized by episodes of energetic, manic highs and extreme, sometimes depressive lows.



These are some of the most common mental illnesses affecting people: -

Generalized anxiety disorder

It causes a person to become extremely worried about many things, even when there's little or no reason to worry.



These are some of the most common mental illnesses affecting people: -

Major depressive disorder

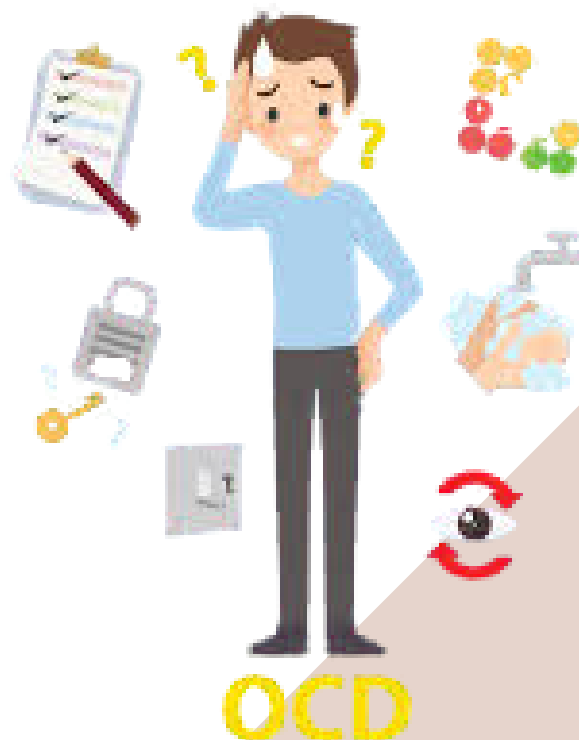
It causes feelings of extreme sadness or hopelessness that lasts for at least two weeks. This condition is also called also called clinical depression.



These are some of the most common mental illnesses affecting people: -

Obsessive-compulsive disorder

It causes constant and repetitive thoughts, or obsessions.

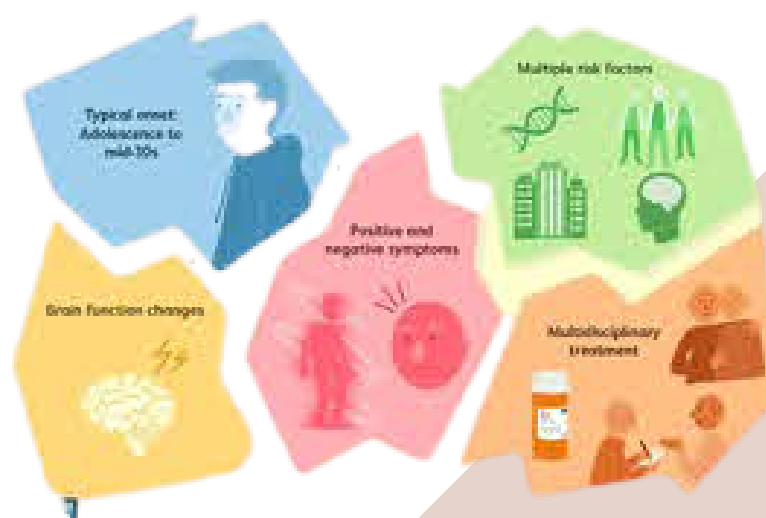


Obsessive Compulsive Disorder

These are some of the most common mental illnesses affecting people: -

Schizophrenia

It impairs a person's perception of reality and the world around them.



These are some of the most common mental illnesses affecting people: -

Social anxiety disorder

Sometimes called social phobia, causes an extreme fear of social situation.



Treatments for mental illness include lifestyle changes, support groups, medications, and therapy.



In India the biggest problem is most of the people are suffering from the mental illness but they are not aware about their condition, they even do not know what is mental illness, so it is most important to create awareness among the people about mental health. There should be a campaign to target awareness and address stigma around mental illness include participation by family.

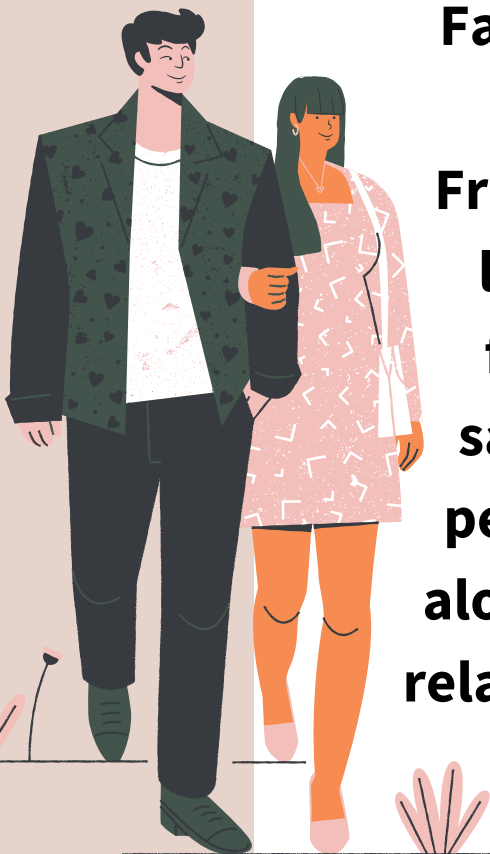
Finding the Right Partner

Life is a beautiful journey filled with equal parts of joy and despair. It becomes more worth living with the right partner by our side, to celebrate the happiness and grow strong during tough times.

Love isn't just a feeling of attraction. It's a bridge between two people that lays on the foundation of mutual respect and understanding.

Family is a relationship we are born into, and they stay till the end.

Friends are the bond we create for a lifetime. Love is finding friends and family in the same person at the same time. And choosing the right person guides us towards our goals along with developing together. This relationship can either take us heights or dump us ground.



Therefore it's really important to know if he/she is the one. One day of pain is far better than a lifetime of adjustments and hatred. How do you know that you've met? Your soulmate? This is completely felt by us from the inside. There is no written law or rule which obeyed will result in the flower of love blooming. You never feel unwanted by them. They treat you like a priority and are scared by the very thought of losing you. Even in a tight schedule, they manage to get a few minutes just to know if you are doing good. Their small efforts of caring and compassionate deeds are a proof of how much they care about you. We can never fake these gestures to someone who we don't like. If you find someone with these qualities, congratulations!

If you find someone with these qualities, congratulations! You are lucky enough to be blessed with such a good soul.



Choosing your life partner is like choosing your life ahead. With the right person, even the most painful paths feels joyous. A comfortable road feels like filled with thorns with the wrong company. The point here is, don't imagine a world filled with just happiness and luxury.

True love needs to be unconditional, free from the asterisk which says, "Conditions Apply".

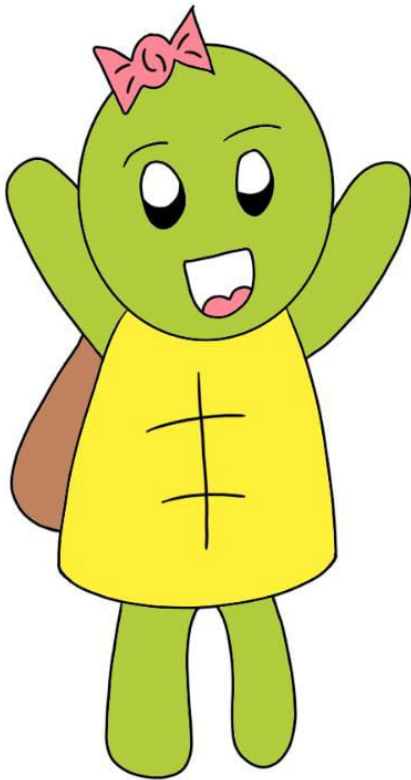


Stay together, create your happy space, find happiness in the smallest thing and support each other.

Comic Series 1-

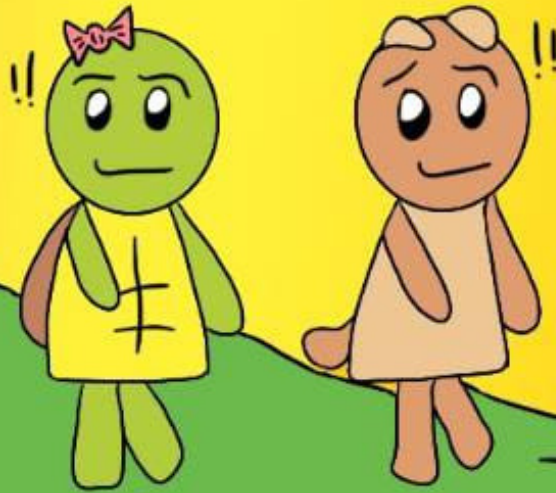
Be like

Lily and Piku



Lily and Piku

During an evening walk....



you always complaining
about me!!

you are always
walking slowly!?



Why are you
so much lazy!?



wait..
I'm tired



Again they kept
on walking....



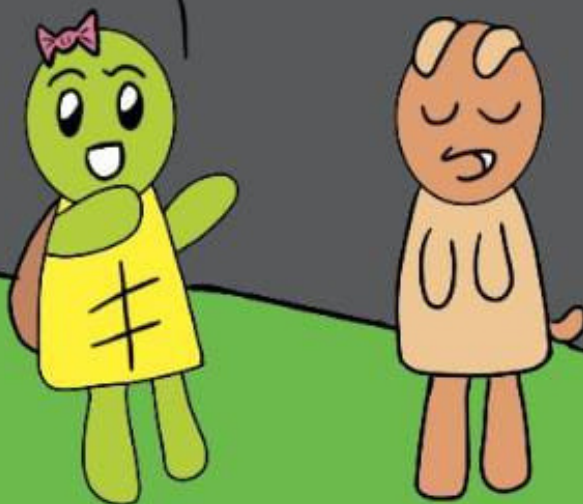
Lily keeping Piku warm.

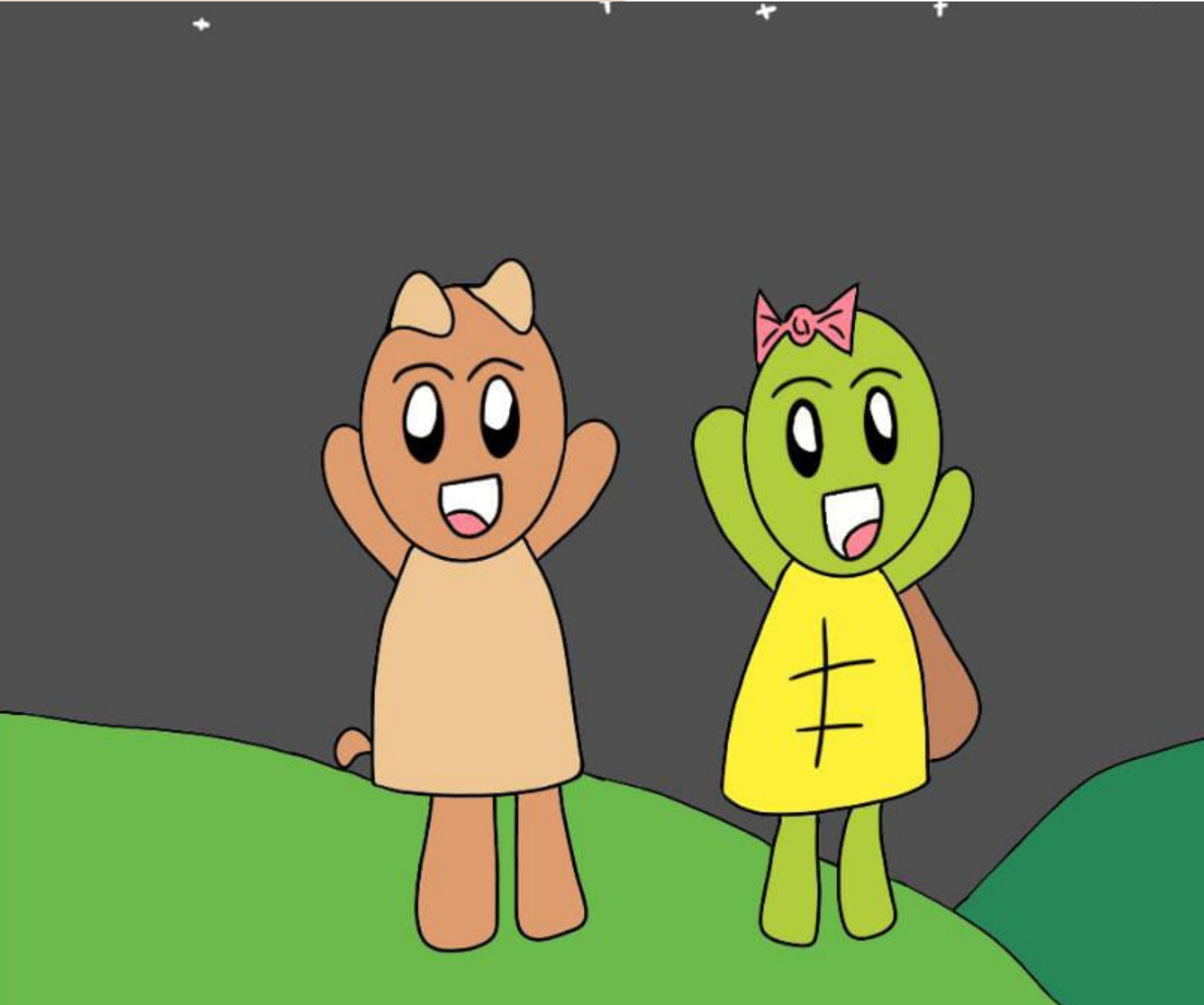
I'm feeling so cold



Instead of complaining about our negatives let's be helpful to each other..

ok ..! Sure





Be like Piku and Lily

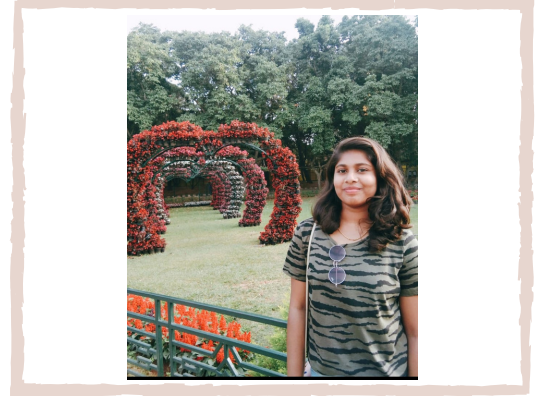
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Contributors



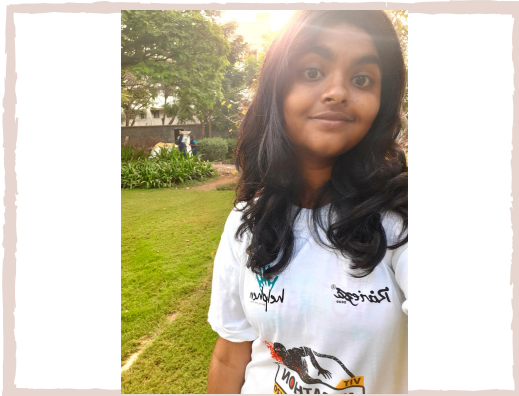
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