

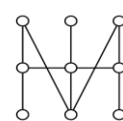


Mental Health Awareness Campaign Report



Rural *future*
FOUNDATION

Supported by



mariwala
health
initiative

ACKNOWLEDGMENT

We are grateful to Mariwala Health Initiative, who has supported, this project to create awareness among the Adolescents and Community about mental health as well as facilitate needy students/community members for the linkages with DMHP and Telemanas helpline as and when needed.

We would also like to pay our sincere thanks to Dr. Manoj Kumar Choudhary, Retired District Immunization Officer, and Senior Public Health Specialist for his guidance and for conducting community-based session.



IEC Poster along with helpline information pasted in common area of schools under this initiative

BACKGROUND

As estimated by WHO, globally one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group. Depression, anxiety, and behavioral disorders are among the leading causes of illness and disability among adolescents. Suicide is the fourth leading cause of death among 15-19 year-olds. The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults. According to the 2011 census, around one-fourth of the Indian population is adolescents (253 million). As per the National Mental Health Survey of India (2015–2016), the prevalence of psychiatric disorders among adolescents (13–17 years) is reported around 7.3%.



State such as Bihar, which is predominantly a rural state and third populous state in the country, where 11.2 million people are afflicted by a psychiatric disorder at any given point in time is in dire need at community level intervention. Specifically, in respect of the younger population, a state-wide survey conducted among adolescents of Bihar called UDYAYA, provides estimates on common mental disorders, suicidality and substance-use among young and older adolescents. In intervention area, Bhagalpur has highest proportion of outpatient users across mental health outpatient facilities in 2017 & 2018 after state capital Patna. The health status of an adolescent determines the health status in his/her adulthood.

INTERVENTION

Conducted awareness programs in schools and communities on the background of World Mental Health Day 2024 in rural areas of Bhagalpur District of Bihar.

SCHOOL-BASED AWARENESS

Conduct Mental Health Awareness Program in four schools for adolescents and reached around 300 Students

COMMUNITY STAKEHOLDER AWARENESS

Conducted an awareness workshop for community stakeholders (PRI members, Teachers, FLWs) with the help of Medical Doctor to provide informational sessions on recognizing early signs of mental health issues and knowing how to respond effectively

WHAT DID THE PARTICIPANTS LEARN FROM THE CAMPAIGN?

The participants highlighted that they learned the following things from the sessions:



TOT OF TRAINERS

Mr. Anuj Kumar, Program Coordinator Conducted Sessions in schools. He has been oriented online by Ms. Mangala Honawar from MHI on how to conduct session and what to deliver during the session. The content of the session was shared with the trainers beforehand.



SCHOOL-BASED AWARENESS SESSIONS

Conducted Mental Health Awareness Program in four schools in rural area of Bhagalpur for adolescents, focusing on Depression, anxiety, stress, and behavioral disorders are some of the most common mental health issues which are experienced by students and seek support from DMHP and TeleManas helpline as and when needed. Poster for helpline has been also pasted in the common area of school.



10+2 High School, Ekchari
27th Sep 2024



10+2 High School, Katoria
28th Sep 2024



High School, Amarpur
8th October 2024



Jyoti Tutorial Center
10th October 2024

COMMUNITY-BASED AWARENESS SESSIONS

An awareness workshop was organized on 21st October 2024 at Village-Nandgola, Kahalgaon, District-Bhagalpur for community stakeholders (Panchayati Raj members, Teachers, Anganwadi and Asha workers) to aware them to recognize early symptoms of mental health problems and respond effectively. Senior physician and public health expert, Dr. Manoj Kumar Choudhary, MBBS, PGDPHM, Retired District Immunization Officer (DIO) & Assistant Chief Medical Officer of Bhagalpur discussed about mental health in this workshop and created awareness about social participation to tackle this problem.



The workshop aimed to bring together a group of community stakeholders to understand their perspectives on youth mental health problems, and challenges in provision of care, and to provide recommendations to address these concerns at their level. The session was very interactive, and community stakeholders participated actively to clarify their doubts and concerns about the mental health problem. The commonest drivers of mental health problems were reported to be academic pressure and problematic internet/social media use. Stigma and lack of awareness were identified as the most important challenges acting as barriers to seeking mental health help by youth. This workshop is also used as a platform to aware community stakeholders on healthy behaviors to bring the positive changes in their community.

MEDIA COVERAGE

The program was widely covered by electronic and print media to generate awareness on a mass level.

Print Media (Bhagalpur Edition)



Prabhat Khabar



Danik Jagran



Rasthtriya News Network

Electronic Media



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