



LET'S LEARN MORE ABOUT MENTAL HEALTH SUPPORT

WHY IS IT IMPORTANT TO REACH FOR HELP?

In India, Mental health disorders are one of the leading causes of health burdens. A survey across states of India revealed that 197.3 million people are required to care for mental health conditions. Out of these 45.7 million people are suffering from depressive disorders and 44.9 million people with anxiety disorders which are prevalent across all age groups.

The importance of addressing anxiety, depression, and overall mental fitness is undoubted, yet when it comes to seeking help regarding our mental health it can be daunting at times.

*"Mental Health in India: A Perspective",
The Indian Express, 11 Feb. 2022*

WHEN TO SEEK HELP?

SIGNS TO LOOK OUT FOR:

- ✓ Unable to focus, reduced ability to concentrate
- ✓ Getting overwhelmed easily
- ✓ Sleeplessness or sleeping more than usual
- ✓ Lack of interest in activities that once brought enjoyment
- ✓ Sense of guilt or unworthiness
- ✓ Anger and sudden violent outbursts
- ✓ Difficulty in maintaining a healthy appetite (Loss or increase of appetite leading to weight gain or weight loss)
- ✓ Extreme mood changes and uncontrollable emotions

WHAT IS MENTAL HEALTH SUPPORT?

Mental health support includes any type of support that people receive to protect or promote their mental health and psycho-social well-being. These services are offered by various types of mental health professionals trained and qualified to treat mental health disorders or to uplift an individual's mental health.

Types of mental health professionals

PSYCHIATRIST

- ✓ A doctor having an MBBS degree and an MD or a diploma in Psychiatric medicine
- ✓ Is qualified to evaluate, diagnose, and treat patients with mental health conditions
- ✓ Is qualified to prescribe medication as a part of their treatment plan

COUNSELLING PSYCHOLOGIST

- ✓ A trained mental health professional having an M.A./MSc degree in psychology with a specialization in counselling
- ✓ Is qualified to provide counselling and address one's emotional, mental, and life skills-related issues
- ✓ Mainly helps in developing healthy coping strategies in a collaborative way

CLINICAL PSYCHOLOGIST

- ✓ A trained mental health professional having an M.A. /MSc degree in psychology with a specialization in clinical AND a license from RCI (Rehabilitation Council of India) obtained after intensive training in treating people with psychological disorders
- ✓ Is qualified to identify and diagnose psychological, emotional or behavioral issues with the help of examination, interviews and psychometric tests
- ✓ Develops and implements treatment plans and therapeutic processes

THERAPIST / PSYCHOTHERAPIST

- ✓ A trained mental health professional having an M.A. /MSc degree in psychology with a specialization in counselling/clinical
- ✓ Specializes and has a license in one or multiple schools of therapy (Psychoanalysts, Behavioral therapists, Art based therapists, etc.)
- ✓ Can address the underlying causes of problems and can have a slightly long-term approach to treatment that can be continuous or intermittent over a period of time

WORD SEARCH: Engage your mind!

MENTAL HEALTH SUPPORT

S	N	P	R	O	L	L	E	S	N	U	O	C	S
C	O	L	L	A	B	O	R	A	T	I	V	E	H
P	I	L	T	C	T	H	E	R	A	P	Y	A	H
U	T	S	I	G	O	L	O	H	C	Y	S	P	I
O	A	F	P	S	E	C	A	P	S	E	F	A	S
R	T	H	T	L	A	E	H	L	A	T	N	E	M
G	I	P	S	Y	C	H	I	A	T	R	I	S	T
T	L	R	O	T	P	L	I	I	N	A	A	L	T
R	I	U	S	E	L	F	H	E	L	P	L	L	F
O	B	I	P	I	O	E	T	P	T	P	H	P	R
P	A	F	N	O	T	N	U	C	O	I	P	E	N
P	H	N	O	I	T	C	E	L	F	E	R	S	H
U	E	E	C	O	U	N	S	E	L	L	I	N	G
S	R	E	M	P	A	T	H	Y	L	L	T	L	T



Mental Health
Safe space
Rehabilitation
Psychiatrist
Self-help
Psychotherapist
Counselling
Empathy
Collaborative
Psychologist
Support Group
Confidentiality
Counsellor
Reflection
Therapy

What are the key factors to keep in mind while looking for a therapist?

"Speak to the therapist before you start therapy and clarify your doubts about therapy. Understand the process. You can politely ask them questions that you may have concerning therapy as a process, especially with them. Know about their experience, expertise, and specialization.

Your therapist should generally be paying attention to you, your needs, and your concerns. Empathy, non-judgemental stance, active listening, value setting, and goal building in the therapy process are essential. Most importantly, you should feel heard and understood with the right pinch of gaining perspective."

EXPERT'S DIALOGUE



PRAGYA LODHA
Practicing Psychologist

FREQUENTLY ASKED QUESTIONS

Are all mental health professionals eligible for prescribing medications?

No, only psychiatrists can prescribe psychiatric medications because they are medical doctors with special training in the diagnosis and treatment of mental and emotional illnesses. Other mental health professionals lack sufficient training in medicine and pharmacology.

How do I know what is the best resource for me?

Mental health needs are personal and hence, there is no fixed path. But the good thing is - there are a lot of options for you to explore in order to see what is working out best for you. Depending on your individual preferences and needs, you can reach out to any mental health professional as a first step.

Will I get solutions to all my problems in therapy?

No, a therapist cannot provide solutions to problems. They create a safe space for all of their clients to explore options in a collaborative manner and discover solutions on their own. Therapy can help you in learning coping strategies to deal with your emotional concerns in a better way. The major work of a therapist is to assist you and not provide readymade or tailor-made solutions except in career guidance. Even career guidance or career counseling is backed up by various psychometric assessments.

Are all mental health professionals eligible for prescribing medications?

One benefits from meeting their therapist once a week for 45-60 minutes. However, there is no specific number of sessions allotted. A minimum of 6-8 regular sessions may seem beneficial for good progress. However, the journey of each client or therapeutic session is different. No therapist can suggest an exact number of sessions.

Will my confidentiality and anonymity be maintained if I reach out for help?

Maintaining confidentiality is one of the core principles of a mental health professional. You may be required to share minimal personal information for professional purposes but rest assured, your privacy will be respected. However, in case of self-harm or harm to others or specific legal concerns (if any) confidentiality is breached. This information is shared with the clients by the therapist in their first interaction/session itself as a boundary setting.

POINTS TO PONDER



**What does
my safe
space look like?**



**What helps me
cope with a
stressful day?**



**Who is
my go-to
person?**



**What new
thing can I try
that I've been
putting off?**



**What am
I grateful
for today?**

OUR MENTAL HEALTH TEAM



NEHA KATHURIA
(She/Her)
Project Head

Neha is a counselling psychologist & a dance movement therapy practitioner. She has been working in the field of Mental health as a practitioner for the last 8 years. Her aim is to make & create a mental health friendly space where everyone can share their unique & remarkable stories which have shaped their behaviors and experiences. She works from a humanistic approach & believe that each one has the potential to grow and empower. She strives to make a positive change in people's life by empowering them at a young age itself to make a healthy & happy world both mentally and physically.



ANKITA GUPTA
(She/Her)
Project Officer

Ankita is a postgraduate with a specialization in Clinical Psychology. She is a Certified Youth Mental Health First Aid Provider & a Child Abuse Primary Respondent. Being an active contributor to the field of mental health since 2018, building and utilizing her skills to advocate the importance of mental health and its aspects among the younger and older generations is what she staunchly believes in. She strives to free the existing beliefs and ideas of mental health from the prevailing myths and stigmas.



SHREYA NANDURI
(She/Her)
Project Officer

Shreya is a Counselling Psychologist and has completed her Master's with specialization in Clinical Psychology. She is trained in CBT-REBT & has an eclectic approach. Mental health is something she has always been extremely passionate about & she hopes to make a difference in the mental health community by reducing the stigma surrounding MH illnesses & as a professional she tries to elevate the standards of MH services being provided & to make them as accessible as possible.

WE ARE HERE FOR YOU!

If you or someone you know is experiencing any mental or emotional distress, kindly call on our toll-free mental health helpline number:

SAMVAAD
1800-102-4040

This helpline is active from 8 am to 8 pm, seven days a week and is handled by professional and trained counsellors.

In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org

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