

# Contribute to a better mental health of the nation.



Educating Public on Mental Health

**Mental Health is Public Health Matter.**

— CSR —



## Mental Health First Aid as a sustained Corporate Social Responsibility

- 1 in 10 person in India is suffering from mental health problems and most of them (83%) go untreated. Training the groups that you support under your Corporate Social Responsibility on Mental Health First Aid will help increase mental health literacy among public.



## Join the movement – Educate Public on Mental Health

- As a corporate investing in CSR you have the power to support your groups now with an evidenced based training on mental health.



## Benefits for the Communities

- Enhanced Mental Health Literacy among groups in need.

- Reduced stigma associated with mental illnesses.
- Improved Health Seeking and Help Seeking behaviour.
- Enhanced productivity through early detection of mental health problems.
- Prevent communities 'at risk' from developing mental health problems like depression, addiction and suicide.
- Improved Quality of Life of those who are undergoing mental health problems



## Benefits for the Organization

- Effective use of the money invested by providing an internationally recognized, evidence based program which can be monitored and evaluated



## Some of the target groups that can benefit are

- College and University students
- Under privileged young adults in urban and rural areas
- Women's groups
- Faith Healers
- Frontline staff like Police, armed forces, nurses

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MHFA training can be implemented as a Health Education Initiative

You can add your group of interest that you think would greatly benefit from the SMHFA training