

What Mental Health Means to Me!



Mental health is a topic of concern that people are speaking more openly about these days, yet not all understand the right way to provide the required support. **I Am mental well-being**, our CSR partner for the personality development program conducted a session on understanding the signs and symptoms of depression, anxiety, and psychosis with students of classes Class XI and XII in July.

Here are some thoughts shared by the participants post-session:

“A lot of people are rude for no reason and don’t like to talk. I believe that such behavior may be because of issues affecting their mental peace.” – Anisha, Class XI

“I can now grasp the pain of those individuals who often blame others for not understanding their feelings. It seems that they are a victim of their own difficult circumstances and can’t seem to cope with the stress.” – Sakina, Class XI

“Being empathetic is the first aid for mental health concerns.” – Kavya, Class XII

“It is important to share our thoughts and feelings with others. I try to do this often to have peace of mind.” – Anika, Class XII

“Depression or anxiety is a concern that affects a person deeply. Consulting a counselor is what I would suggest to someone in need.” – Risha, Class XII

“Mental health issues can affect anyone. It is important to acknowledge and recognize the signs and symptoms to reach out in time. Small efforts will help to build a supportive network that aims at mental well-being for all.” – Barsha Dutta, CSR