



Project Report: Mental Health Awareness (MHA) Program by Pause for Perspective -2019

Organizational Background: Pause for Perspective is a mental health organization offering comprehensive psychological services. Our team of 15 professionals includes clinical psychologists, psychological counselors, counseling psychologists, and educationists dedicated to creating a space for the unfolding of human experience. Our services range from individual counseling to group and family therapy, with a strong focus on mindfulness and narrative therapy.

Project Overview: The Mental Health Awareness (MHA) Program was initiated to increase awareness and reduce the stigma surrounding mental health. This interactive program covers various aspects of mental health, including understanding mental health and illness, identifying symptoms of depression, stress, and anxiety, and providing resources for help. From September 2019 to December 2019, Pause for Perspective conducted multiple sessions across different organizations, reaching over 10,000 individuals.

Key Achievements: The sessions were facilitated by trained psychologists, psychotherapists, and psychological counselors from our team. Each session was one hour long and included a Q&A segment and feedback collection.

Detailed Sessions Conducted:

1. **Mallareddy College**
 - **Date:** 19-09-2019
 - **Participants:** 700 B.Tech and Pharmacy students
 - **Facilitators:** Swetha, Rafath, Aarathi, Lalitha Pooja
2. **National Youth Conference Hyderabad (Catholic Organization)**
 - **Dates:** 14-10-2019, 15-10-2019, 16-10-2019
 - **Participants:** 20-25 individuals aged 18-30 per session
 - **Facilitators:** Varsha, Swetha
3. **Shaheen Women's Resource and Welfare Association**
 - **Date:** 14-10-2019
 - **Participants:** 30 women aged 15-40
 - **Facilitators:** Lalitha Pooja, Aarathi Selvan, Ruhi Sameena
4. **Asian Institute of Nephrology and Neurology**
 - **Date:** November 2019
 - **Participants:** 40 Doctors
 - **Facilitators:** Swetha, Lalitha Pooja
5. **IIT Hyderabad**
 - **Date:** November 2019
 - **Participants:** 30 Students
 - **Facilitators:** Swetha and Lalitha Pooja

6. Clowork

- **Date:** November 2019
 - **Participants:** 30 Adults
 - **Facilitators:** Swetha, Varsha
7. **Fernandez Hospital**
 - **Date:** December 2019
 - **Participants:** 50 Doctors
 - **Facilitators:** Swetha, Lalitha Pooja
 8. **Shanthi Welfare Organization**
 - **Date:** December 2019
 - **Participants:** 50 Para Legal Community Workers
 - **Facilitators:** Swetha and Lalitha Pooja

Level 2 Projects: Level 2 projects involve more in-depth mental health support and awareness sessions beyond the initial Mental Health Awareness sessions. These projects typically include additional training, workshops, and specialized topics.

Level 2 Projects Conducted:

9. WeWork (Corporate)

- **Date:** 03-09-2020
- **Topic:** Women's Day
- **Facilitators:** Swetha, Ruhi
- **Participants:** 35 Women
- **Status:** Completed

10. Innominds

- **Date:** 03-03-2020
- **Topic:** Women's Day
- **Facilitator:** Aarathi
- **Participants:** 45 Employees
- **Status:** Completed

11. CoMakelT

- **Date:** 13-05-2021
- **Topic:** Covid and Anxiety
- **Facilitator:** Akshata
- **Participants:** 50 Employees
- **Status:** Completed

12. Nggawe Nirman Technologies

- **Date:** 28-05-2021
- **Topic:** Covid and Anxiety
- **Facilitator:** Swetha
- **Participants:** 40 Employees
- **Status:** Completed

13. T-Hub

- **Date:** 06-12-2021
- **Topic:** Covid and Anxiety
- **Facilitator:** Akshata
- **Participants:** 30 Employees
- **Status:** Completed

Feedback and Impact: The MHA program has been well-received, with participants reporting increased understanding of mental health issues and reduced stigma. The interactive nature of the sessions, combined with expert facilitation, has ensured high engagement and positive feedback.

Conclusion: The MHA program by Pause for Perspective has made significant strides in raising mental health awareness across various sectors. Our commitment to mindfulness and narrative

therapy, combined with community engagement and capacity building, continues to drive our mission forward. In total, we have served over 10,000 participants through this program.

Project Coordinators:

- Ms. Lalitha Pooja
- Dr. Swetha Turlapati