

Mental Health Awareness Sessions

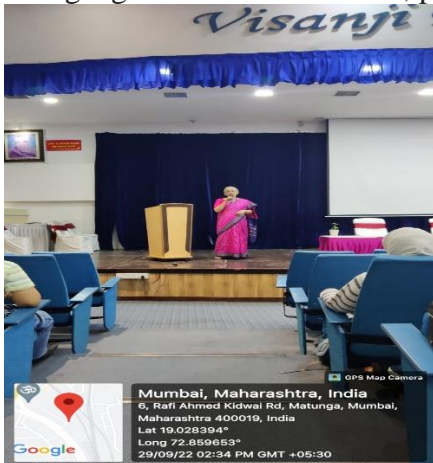
Breaking Barriers: Mental Health Awareness

The stigma associated with Mental Health concerns is still prominent in India. The foremost cause of this is a lack of awareness. With September being Suicide Prevention Month and Mental Health Day right around the corner, the Department of Psychology of Smt. Maniben M. P. Shah Women's College of Arts and Commerce in collaboration with De Sousa Foundation organised sessions on Mental Health Awareness on 29th September 2022. These sessions were primarily organised for budding psychologists and 138 students from two colleges benefited from these sessions.



The first session on Suicide Prevention Awareness was facilitated by Dr. Avinash De Sousa. The session was helpful in making students aware of suicide among various age groups and how it can be prevented. Light was shed on how to deal with suicide as a mental health professional and more importantly a fellow human.

The second session facilitated by Ms. Vidya Shenoy focused on Alzheimer's Awareness. Apart from the focus on identifying signs, she also conveyed the importance of risk reduction of Alzheimer's. The risk can be reduced by engaging in cognitively oriented activities of learning a language/ musical instrument, proper diet, sleep hygiene, and exercise.



These sessions were enlightening for the students as they received insights about incorporating this information into their lives as well as future practice as psychologists.