MENTAL HEALTH AND WELL BEING

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Any resemblance to an actual person, living dead or actual events is purely coincidental.

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Foreword

The recent pandemic has raised several issues with regard to mental health and the need for developing mental health services. The definition of health itself points out mental and social well-being. As per WHO we can connect, function, cope, and thrive more readily when we are in good mental health.

This book on mental health and well- being is a transparent approach towards importance of having a good mental health. I would like to congratulate the editors, authors, R & D team and the advisory team for bringing out such a crisp and brief book.

Wishing all the best

Dr. Nachiketa Rout
Director, NIEPMD

Preface

Having a good mental health of utmost importance for all irrespective of where we live and what we do. Apparently we do not tend to incline towards the need of a better mental health. Thus could be either due to a non-societal acceptance or due to non-understanding of the seriousness of the same, as a result individuals tend to suffer silently. The need for mental health services is significant all around the world, but there aren't enough of them or they're not good enough (World Mental Health Report, WHO, 2022). The recent pandemic, did add up to the mental health issues but the stakeholders working for the improvement of mental health did and are trying for a change about the people's perspectives towards mental health.

This edited book on mental health well-being is a humble attempt to look towards the aspect of having a good mental health. There are 8 units in this book and it starts with the importance of community mental health. It talks about the importance of community mental health care which is significant in developing community mental health services. The second unit on self-motivation and mental health informs us about the essentiality of self-motivation in preserving mental wellness. It is a very vital skill that needs to be practised every day, every minute, and every second. The third unit on mindlfulness practice throw light on psychological and physiological benefits. Mental Health concern and role of mindfulness as an intervention strategy among parents of children with

disabilities, the fourth unit discusses the concern of various factors affecting the health of the parents and caretaker. It talks about the mindfulness based stress reduction and mindfulness based parent training. The fifth unit mental health and art based therapy gives a glance of the activities that can be used for well- being.

The sixth unit Myths and misconceptions of Mental Health -Ways to reach and connect experts demystifies information about mental health and also when we need to consult a mental health professional. The seventh unit is on Kiran mental health rehabilitation helpline, a department of empowerment of persons with disabilities (Divyangjan) initiative to provide support to people facing anxiety, stress, depression, suicidal thoughts, and other mental health concerns. The final unit is on artificial intelligence powered programme chatbots for mental health and it talks about various chatbots available for mental health concerns.

Editors

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Content

1. Importance of Community Mental Health

Dr. Rajesh Ramachandran

INTRODUCTION

During the past four to five decades, the organization of mental health services has seen rapid changes in keeping with the trends of general health policy. The Bhore Committee (1946) recommended the importance of manpower development in the field of mental health. It is this recommendation that made the Govt. of India to develop the "All India Institute of Mental Health" in 1954, in Bangalore. The merger of the old State Mental Hospital and the All India Institute of Mental Health (AIIMH) founded by the Government of India in 1954 resulted in the National Institute of Mental Health and Neurosciences (NIMHANS).

World Mental Health Day is observed on 10th October every year, with the comprehensive intention of raising awareness about mental health issues across the globe and mobilizing efforts to support mental health. The WHO's theme for the year 2020 mental health day is Mental Health for All. Mental health is an integral part of health and is quite the absence of mental illnesses. It refers to a broad array of activities directly or indirectly associated with the mental well-being, prevention of

mental disorders, and treatment and rehabilitation of people affected by mental disorders. Interventions that specialize in raising awareness of mental health issues and mobilizing efforts in support of mental health are necessary for addressing the situation. Mental health promotion and protection involves creating an environment that promotes healthy living and encourages people to adopt a healthy lifestyle. More so the community plays a major role in promoting positive mental health among individuals.

A community can be explained in numerous means, put simply, the community is all about connecting. Community is not just an entity or a group of people, it's a feeling, wherein we get connected to others, feeling of acceptance of what we are and feeling supported. When we have a connection, it can help us feel wanted and loved.

IMPORTANCE OF COMMUNITY MENTAL HEALTH

World health organization's mental health action plan, the World Bank's Disease Control Priorities, and the Action Plan of the World Psychiatric Association emphasizes community-based health services.

There is a firm belief that the incidence, prevalence, and prognosis of mental disorders are associated with community-level factors. It is also well documented that communities wherein there is an integration of mental health services accessibility,

acceptability, affordability and scalability of services along with the fostering compliance to the intervention and augmenting prospects of beneficial clinical results. In fact promotion of mental health, narrowing down the stigma and discrimination, assisting recovery and social inclusion and preventing mental disorders community services can play an important role **(Kohrt, 2018 et.al.)**

COMMUNITY MENTAL HEALTH CARE

Community mental health care comprises crisis support, protected housing, and sheltered employment along with management of disorders to tackle the multiple needs of individuals. Community-based services if provided early can limit the stigma of treatment and also improve the functional outcomes and quality of life of individuals with chronic mental disorders which are not very expensive while adhering to the norms of human rights **(Saxena & Sharan, 2008).**

We know that human beings are automatically social, and not in our nature to dwell in alone. Community is critical for us to prosper, especially for someone with mental illness who is already experiencing the common symptoms of loneliness and isolation. The community provides many elements that are critical to mental health, there are three main benefits of community mental health, and they are;

Belonging

Support

Purpose

Figure 1

Belonging: Loneliness occurs when we feel it is difficult for us to fit in, and it is a source of considerable stress for us. The community gives us a sense of belonging to a group with whom we identify. This is not the same as conforming to fit into a group. Belonging, in its genuine sense, is the ability to feel and act like your true self when you are a part of a group. You are not required to change to be a part of the community; nonetheless, you are welcomed and recognized for your unique talents.

Support: When you need anything, who do you go to? Having friends you can call on when you need to talk or need assistance with anything might help you get through challenging situations that seem insurmountable on your own. Knowing that there are people who can assist us and help us feel cared for and protected might improve our attitude on life.

Purpose: People in a community play a variety of roles. Maybe you're the kind of person who enjoys cooking and can always be counted on to bring a hot dinner over when someone is in need. Alternatively, you may be the friend who others know they can call when they're having problems. These occupations might provide you with a feeling of purpose through enhancing the lives of others.

It gives meaning to life when we have the purpose and intention of assisting others.

IMPLICATIONS OF COMMUNITY MENTAL HEALTH PROGRAMME

First and foremost, community mental health care programmes suggest that all mental health and well-being needs of the community are met by using community resources and the primary health care system within the community. Although it may not be possible to execute all these components mentioned below in every community, however, the component that is relevant and accepted by the community should be implemented using the community resources. The components include:

- Mental health promotion and well- being
- Removing the stigma
- Psychosocial support
- Rehabilitation of those who are in need (like people with severe and profound disability, recovering substance abusers, chronically-ill patients)
- Prevention of harm from alcohol and substance use
- Treating the sick using the primary health care system (focusing specifically on the most common and disabling illnesses in the community).

FUNCTION OF FAMILY AND SOCIAL SYPPORT SYSTEMS

Community-based programme along with the social system to reduce the psychiatric morbidity in society can be an effective programme for the prevention of mental illnesses needs. There are two choices either we can remove the factors that cause the breakdowns or reduce the risk factor for people who are at risk. The family, in particular, the joint family system is an important component in providing support to the individuals whether emotionally or economically. But due to the disintegration of the joint family system, the support systems have also been reduced.

While devising an effective intervention strategy, the social environment and the personality of the individual should be considered. Sethi & Chaturvedi (1992) suggested having educational programmes designed in such a way that risk factors like change of jobs, loss of jobs, change in residence, the pattern of living can be addressed. More psychotherapy and counselling clinics can help in this regard. The support of neighbours, friends and work associates can be brought in to support the individual who is under severe stress while educating these people about the people at risk.

Further cooperation of other support systems or agencies like the physicians, social and religious groups may be explored for supporting the individual who is at risk. There needs to be a reorganization of the community

with a need to re-educate on the early identification of mental illness (**Sethi & Chaturvedi,1992).**

WHERE DO WE LOOK FOR COMMUNITY?

We must begin with self-reflection if we really want a better sense of connection. Being aware of what's important to you can help you find ways to connect with other like-minded people.

Interests: We need to do a self-reflection, as to what we like or enjoy doing; it could be reading books, trying arts or playing, the possibilities are endless, so it will be easier for us to connect with others while carrying out the activities you enjoy doing.

Values: We can connect with others who have similar values or care about the same causes like us. While building your community it is important to give back to each other and try finding volunteer work, which is a great way to start.

Beliefs: What does one believe in? Attempt connecting with a non-secular custom or faith, strive to get to a speaking engagement, introductory category or service. Or if any event or cause speaks to you, you'll be a part of a category that works toward a goal that's purposeful to you. Connecting with one thing larger than you is another useful way to broaden your community.

COMMUNITY MENTAL HEALTH CARE DELIVERY DURING PANDEMIC

The pandemic (described as "an epidemic that occurs worldwide, or across a very wide area, crossing international borders, and frequently impacting a significant number of people") poses a serious threat to the progressive treatment of persons with serious mental illnesses. It is quite an adverse situation for community mental health centres (CMHCs) to develop plans to make certain that the centre can maintain essential services and adequate supplies of psychotropic medications **(Kopelovich, 2020).**

Though history has witnessed pandemics, the recent one, COVID-19 has cast a devastating effect on the majority of the people and has presented an alarming challenge to the community health centre's in providing care for individuals with serious mental illness not only in the country but across the globe.

There has been a dramatic transformation of the service delivery system for individuals with mental health issues. The government has taken a valiant effort in providing care for people with mental health issues at the community level also.

CONCLUSION

Mental health services have been a neglected subject for a long time. Though in an ancient system of Ayurvedic Medicine, mental health was given equal

importance; the later developments of modern sciences did not give much importance. This is because of the object-based scientific approach. No matter, if your community is big or small, we need to find people to connect with which is vital for mental health and suggested that it's important for the people having mental health-related issues to find the community which understands them and it's also important for others to have those as a part of their community. We all need each other.

Lastly, with the advent of the science of happiness, or positive psychology, a noteworthy shift in the focal point of mental health research and practice has been observed. Positive psychology has opened a new way of examining difficult situations. It recognizes happiness and well-being as an 'essential human skill' **(Davidson, 2005).**

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2. Self-Motivation & Mental Health

Dr. R. Sakthi Prabha

INTRODUCTION

A man is but the product of his thoughts…what he thinks, be becomes- *Mohandas Karamchand Gandhi-The Father of the Nation.*

Mental health includes emotional, psychological and social wellbeing. It also helps determine how we handle we handle stress, related to others and make choices. Mental health and physical health are interconnected. Initially the early definition of health focused only on biomedical aspect and later it was redefied by WHO. In 1948, WHO stated health as "state of complete physical, mental and social wellbeing and nor merely the absence of disease or infirmity (WHO,2001)

Figure 2

Mental health is the foundation for the wellbeing and effective functioning of individuals.it is state of balance, both within and with the environment. Physical, psychological, social, cultural spiritual and the interrelated factors participate in producing this balance. According to WHO (2001) Mental health refers to the state of wellbeing in which an individual can realise his or her own potential, cope with the normal stressors of life, work productively and make a contribution to the community. Mental health refers to the interconnection between thoughts, actions and feelings.
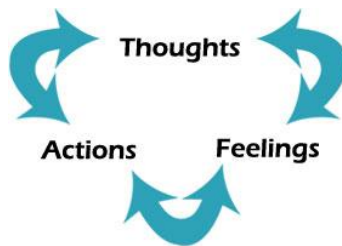
Figure 3

Individuals can control their thoughts, emotions and behaviours or actions. The environment sometimes is not in control of the individual. Hence in order to maintain mental health it is important for the individual to have coordination of thoughts, feelings and actions. In evolution of psychology there are several schools of psychology. These schools came up with the explanation about the personality of the individual, causes of problems

experiences and suggested interventions to reduce the problems.

The early schools of psychological thinking were psychoanalytic and behaviourism. The school of psychoanalysis explains that unconscious motivations and internal instinct that cause behaviour. The school of behaviourism explained that people are conditioned by rewards and punishment to act in certain manner. Although both contributed to the understanding of human behaviour it did not include a holistic view of the individual. Humanistic psychology emerged in the mid-1950s and completed behaviourism and psychoanalysis with its focus on the individual as a whole person. The basic belief is that every person has worth and right to achieve self-realisation through reason and rational thought. Humanistic psychology emphasized on looking at the uniqueness of each individual. It begins with the existential assumptions that people have free will and are motivated to achieve their potential and self-actualise.

MOTIVATION

The term motivation is derived from Latin word "movere" which means "to move". Motivation refers to the reasons underlying behaviour (Guay et al., 2010). According to Gredler, Broussard and Garrison (2004) motivation are broadly defined as the attribute that moves us to do or not to do something. Motivation consists of one's belief system, perceptions, values and actions and all these are closely related to each other. As a result,

various approaches to motivation can focus on cognitive behaviours (such as monitoring and strategy use) and non-cognitive aspects (such as perceptions, beliefs and attitudes) or both.

The previous approaches in the field of motivation were based in literature on extrinsic reinforcement (Stipek, 1996). All the behaviour, including achievement were believed to be governed by reinforcement contingencies. The limitation of the early approaches led to yet another transformation of the literature on motivation emerging in the late 1960s and 1970s. There was emerging a range of new theories regarding self-efficacy, attribution and self-worth (Broussard &Gariso, 2004). Bandura (1982) defined self-efficacy as judgements of how well one can execute courses of action required to deal with prospective situations. Eccles and Wigfiled (2002) further defined self-efficacy as in individuals' confidence in his or her ability to organise and execute given course of action to solve a problem or accomplish a task. According to bandura self-efficacy is the major determinant of effort, persistence and goals setting. Empirical research supports this notion, suggesting that individuals with higher self-efficacy tend to more motivated and successful on a given task (Pintrich& DeGroot, 1990).

According to Eccles & Wigfield (2002) motivation is connected with locus of control. The individuals are motivated feel there are in control of their own successes and failure (Eccles & Wigfield, 2002).

Locus of control is closely linked with attribution theory. Attribution refers to an individual's beliefs regarding cause of successful or failing performance. There are several types of attribution including ability, effort, task and luck. According to the theory the type of attribution a person holds determine his or her level of motivation according to whether the cause is perceived as something that is changeable and within the persons control (Eccles & Wigfield, 2002).

The motivation consists of individual intensity, director and persistence of effort towards attaining the goal. It varies within individuals tends to vary across subject areas and the domain specificity increases with age. The motivation can be categorised as intrinsic and extrinsic motivation. Intrinsic motivation is the motivation that is animated by personal enjoyment, interest or pleasure. Extrinsic motivation is governed by reinforcement contingencies.

THEORIES OF MOTIVATION

One of the well-known theories of motivation is Maslow theory of hierarchy of needs. Maslow's theory of needs explain five tier model of human needs often depicted as hierarchical levels within a pyramid. The needs in the theory are categorized as deficiency. Needs and growth needs.
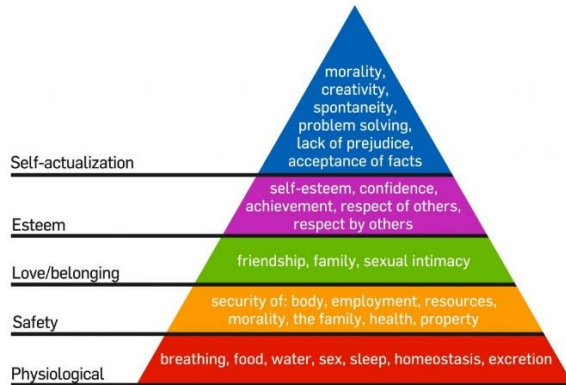
Figure 4

Deficiency needs arise due to deprivation and are said to motivate people when they are unmet. Maslow (1943) initially started with individuals must satisfy lower-level deficit needs before progressing on to meet higher level growth needs. However, he later clarified that satisfaction of needs is not an all or none phenomenon, admitting that his earlier statements may be given "the false impression that a need must be satisfied 100 percent before the next need emerges (Maslow, 1987).

Maslow (1943) formulated a more positive account of human behaviour which focussed on what goes right rather than focussing on psychopathology and what goes wrong with people.

He stated that the human motivation is based on people seeking fulfilment and change through personal growth. Self-actualisation people are those who were fulfilled and doing all they are capable of Self-

actualisation is realised when there is push within self. Mental health always starts with self. It is ability that has to be practiced everyday life. Motivation encompasses individual desire to continue striving towards, purpose and life a worth living. It is very important there is self-push inside every individual to achieve the short term as well as long term goals. In a simple form self-motivation refers to the force within an individual that drives to do things or to word toward the goal or to put effort into self-development and to achieve personal fulfilment.

Another important theory in motivation is self-determination theory. The theory proposes that people prefer to feel they have control over their action, so anything that makes a previously enjoyed task feel more like an obligation than a freely chosen activity will undermine motivation.

According to Bandura & Schunk (1981) self-motivation requires personal standard against which to evaluate ongoing performance. By making self-satisfaction conditions on a certain level of performance, individuals create self-inducements to persist in their efforts until their performance match internal standards. Both the anticipated satisfaction for matching attainments and the dissatisfactions with insufficient ones provide incentives for self-directed actions. Self-motivation leads to positive thoughts, feelings and actions which directly leads to enhance the mental health.

Self-motivation is generally driven by intrinsic motivation, that comes from sincerely wanting to achieve and desiring the inherent rewards associated with it. It can also be driven by extrinsic motivation also which is the drive to achieve that comes from extern awards usually intrinsic motivation is usually more effective and fulfilling drive.

Bar on (2004) in his model of emotional intelligence summarises self-actualisation (to strive to achieve personal goals and actualise one's potential) and self-motivation as one of as components of emotional intelligence. Daniel Goleman (1997) in his book on emotional intelligence has mentioned that self-motivated people are more highly productive and effective. Emotional intelligence refers to the measure of one's ability to recognise and manage his or her own emotions and emotions of other people. Self-motivated individuals score high on emotional intelligence. Goleman states there are four components of motivation such as achievement drive, commitment to personal goals, initiative and optimism.

STRATEGIES TO ENHANCE SELF MOTIVATION

DuBrin (2004) defined motivation as an energising force that stimulates arousal, direction and persistence of behaviour and he provides the following strategies for self-motivation

Set goals for self- Goals are fundamental to human motivation and can be either short term of long term. It can set for intervals such as yearly, monthly, weekly, daily, morning or afternoon. The goals should be SMART

S- Specific

M- Measurable

A-Achievable

R- Realistic

T- Time bound

Finding intrinsically motivating work. It is very important to connect with a job that motivate oneself or to adjust to work habits.

Getting feedback on the performance – the feedback either objective or subjective is critical for sustaining a high level of drive.

Apply behaviour modification to self – work on actions to reward self for accomplishing and adapting to the change.

Improving skills relevant to the goals- updating skills improve the performance and keep on motivating to move ahead.

Raise the level of self-expectation- it is very important to raise level of expectation or achieving more but being very realistic is more important.

Develop a strong work ethic. Believe that there is value in all work and joy in working hard.

Parachins (2003) cited Henry ford as a model of self-motivation. The seven secrets for generating and maintaining self-motivation are

Begin with the belief every challenge comes with opportunity and strive to see good in everything

Be your own best friend. Speaking affirmatively to self-boost the level of motivation.

Follow the dreams. Give them time to become realities and don't give up prematurely

Live your life by three P's -Persistence, patience and perseverance. Most achievements come from hard work.

Visualise success. Creating a mental picture of what we wish to accomplish heightens the self-motivation.

Forgive self and focus on what next and move on

Based on the several reviews on self-motivation the author have enlisted the below strategies

1. Open to learning

Learning is life long and it makes to know about new aspects and make an individual to feel there is so much to learn. It is very important to be ready to receive many new information and add to the knowledge which help in their personal growth.

2. Self-awareness

It is very important for the individual to be aware of their strength, weaknesses, threat and opportunities and work. It motivates to achieve the planned goal. It helps individuals to make positive behavioural changes that can lead to greater personal and interpersonal success. It is very important to ask feedback and self-exploring part of self which we have not explored earlier.

3. Support systems

"Alone we can do so little, together we can do so much." - Helen Keller

Human beings are of gregarious nature. Connect with a support system of friends and family will motivate the individual to do their best. Spending time with motivated, enthusiastic and supportive people and cultivate a positive mind-set and build resilience. The below is the exercise for working on support system.
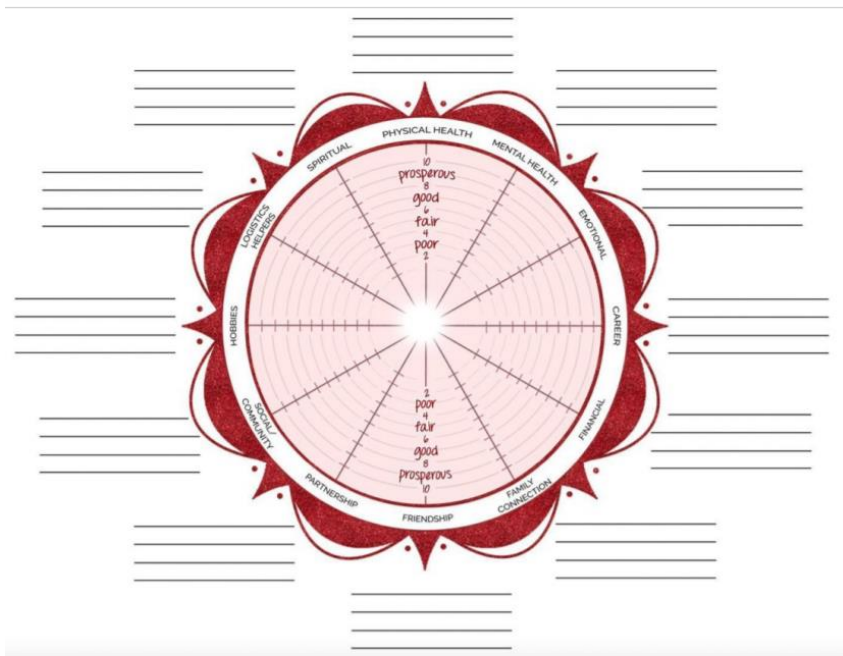
Figure 5: Social Support Wheel (source: www.joyce-marter.com)

This wheel helps us to explore our level of social support system and also to work towards strengthening the social supprot system.

4. Planning and time management

Preparing the plan and materials for the next day and to Plan before you do and think before you act. The various aspects of time management are prioritising, be a

single tasker and chunk related task, delegate, set time limits, postpone and identify and eliminate time wasters. It is very important to avoid procrastination. Doing one activity at one time and avoid multitasking will motivate in future activities.

5. Practicing affirmation

Affirmation helps in reprogram our minds and change negative thoughts into positive thoughts. Using short, powerful and positive affirmation brings changes self-motivation level and enhances the mental health. It is important that one's activity go with affirmations.

6. Practice assertiveness, gratitude, helping others and getting help

Figure 6

Practice assertiveness and saying no and getting help at times of need and willing to help other succeed. Gratitude is the highest virtue. Practising gratitude in our daily life motivates us to keep us very happy and also

helps to build strong support systems. Forgive self and others and forget the past memories which makes you depressed and demotivated.

7. Practice self-care

You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself and that person is not be found anywhere. You yourself as much as anybody in the entire universe deserve your love and affection.

-Buddha

It is very important that we take care ourselves. Three important aspects are getting good sleep, eating nutritious diet and regular exercise is to way to maintain good health. It is very important to have a regular routine and be engaged throughout the day. It is not good to judge our feelings and always honour personal priorities. It is very important to set healthy limits and boundaries with assertive communication.

Taking a break in work schedule is very important to refresh and recharge. It is important to self-appreciate and appreciate others. It is also important to Turn down the volume of inner critic, detach from fear, avoid catastrophic thinking and practice the power of affirmation. Loving yourself and keep us in focus will help in improving the self-motivation. The below is the exercise for working on practicing self-care.
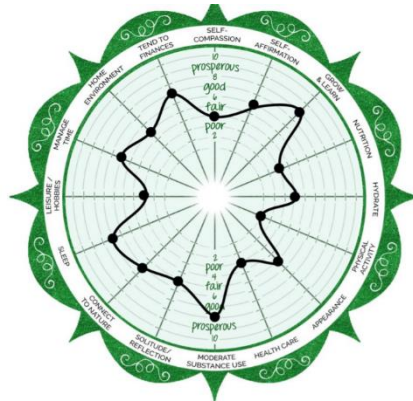
Figure 7- Self-care wheel (source: www.joyce-marter.com)

The wheel consists of various aspect of self-care and scoring based in important given to particular area. Better the score higher the self-care which directly leads to higher self-motivation.

8. Practicing mindfulness

Mindfulness refers to maintain a moment-by-moment awareness of thoughts, feelings, bodily sensation and surrounding environment. Paying attention to thought and feelings without judging them. It can be practised anywhere, anytime. The various strategies for mindfulness are progressive muscle relaxation, unplugging technology, listening and using the senses, mindful eating and connecting to nature. Mindfulness

enhances relationships, improve job performance, increases focus and attention, improves decision making, and improves creativity, memory and cognitive flexibility. It improves mood, empathy and overall quality of life.

9. Self-discipline and self-motivation

Practicing the above strategies need perseverance and self-discipline. It is everyday activity, the more we practice the more the skill will be enhanced. Self-discipline is maintaining self-motivation. Those who are highly self-disciplined displayed higher competence and were effective in achieving their goals (Gorbunvs, Kapenieks& Cakula,2016). Self-discipline appears in various forms such as perseverance, restraint, endurance, thinking before acting, finishing what you start doing and as the ability to carry out one's decision and plans, in spite of inconvenience, hardships or obstacles.

10. Being resilient

Figure 8

Resilience is defined "as an on-going capacity for positive emotions and generative experiences during or following hardships" (Bonanno, 2005). Resilience is the process and outcome of an individual's ability to

withstand changes. Individuals who are resilient possess the ability to return to a previous state after stressful events. They can handle social relations in a very effective way. Every individual varies in their inner strength, adaptability and flexibility (Gallo et al.,2005). Resilient people are open, flexible and adaptive and are emotionally intelligent. They learn from mistake, avoid worrying and focus on health and wellbeing. It is very important to discover and develop a sense of purpose or meaning in life.

The strategies discussed by had to be learned and practiced as the part of the daily life. Every individual wants to be happy and it is very important to plan and implement the activities and the drive behind the planning and implementation is self-motivation.

CONCLUSION

An individual only can be well-wisher for himself apart from the close family and friends. It is very important to cultivate the habit of drive inside to achieve the goal in simple to complex activity. Self-motivation is key to maintain mental health. Mental health is a skill that is very important and it needs to be practised every day, every minute and every second. When it is practiced regularly then only an individual can master it and train the people around himself or herself. Self-motivation is the internal motivation which transforms the entire personality and makes each and every individual to live

life of contentment. A healthy mind will make healthy body.

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3. Mindfulness Practice

Preenu Ashok

"Our mind wanders all the time, either it's living in past or planning for the future"

WHAT IS MINDFULNESS?

Mindfulness is being aware of what is happening right now without wishing it that it were different, enjoying the present without holding on when it changes (which it will), then living with the unpleasant nor without fearing it will always be this way (which it won't). It involves paying attention to what is going on inside and outside ourselves, moment by moment. Being more aware of the present moment which can help us to enjoy the world around us more and understand ourselves better. When we become more aware of the present moment, we begin to experience here and now.

WHAT IS MEDITATION AND MINDFULNESS?

Mindfulness is a *quality*; meditation is a *practice* "*Meditation is a practice where an individual uses a technique – such as mindfulness or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state*" (Walsh and Shapiro, 2006).

KEY FEATURES OF BEING MINDFUL

• Purpose – Mindfulness involves much intentionally and purposefully directing your attention and concentration towards self rather than letting it wander. Start to know the difference between Thought and thinking.

• Presence – Mindfulness involves being fully engaged with and attentive to *the present moment and thoughts*. Thoughts about the past and future that arise are recognized simply as thoughts occurring in the present.

• Be Non Judgemental– *being Non Judgemental involves* that you are Judgmental toward whatever arises in the moment. This means that thoughts, sensations, Behaviour, and emotions, are not judged as good or bad, pleasant or unpleasant; it is simply noticed as "happening," and observed until they eventually pass.

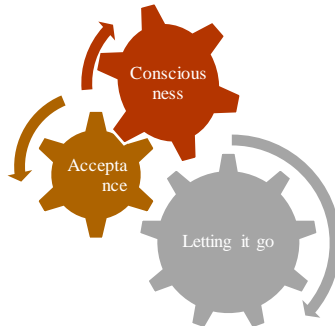**PROCESS OF BEING MINDFUL**

Figure 9

CONSCIOUSNESS OF THOUGHTS AND FEELINGS

The practice of mindfulness is to strengthen awareness towards your thoughts and feelings. Awareness has also been called as consciousness. Consciousness has the function of knowing what is happening towards the present and oneself. One can be conscious that one is sitting down or walking. Whenever your consciousness is absorbed in pleasurable feelings, uncomfortable feelings, or thinking, it is not aware. Instead of being aware of our experiences and the body sensation, we think too much about them that leads to stress and anxiety. Mindfulness also allows us to become more aware of ourselves, our stream of thoughts and feelings that we experience, and to see how we can entangle them, in that stream and in ways that are helpful and in turn makes peace within.

Acceptance 🖤

The True Meaning of Acceptance is willing to experience, being in touch with your own feeling. Letting go of control, Taking Responsibility. Acceptance is definitely not Indifference or agreeing with someone or tolerating Injustice or passive resignation. When we are aware of our body sensations, feelings, and thoughts, this gives us a chance to finally be the master of mind and body. A master is the one who is aware and can direct the thoughts and actions of the mind and body. But this ability to master the mind and body is different from being an authoritarian or a ruler in a country. We can only truly

master something when we let go. Similarly let go your thought be a master of your thoughts emotions and feelings.

Letting it go

Letting go is not giving up rather it helps one take up their life problems. You cannot take on anything without first letting go. One who can take on and let go of anything in peace is truly free. We may realize how unconscious thoughts do us more harm to our Physical and emotional self than good and let go of these thoughts. Letting it go takes a lot of Self-belief and courage. It only happens when you are fully aware of oneself.

Benefits of Mindfulness:

According to the American Psychological Association, some empirically supported benefits of mindfulness include the following (Davis & Hayes, 2011):

Psychological Benefits

- Increased awareness of individual mind and though
- Reduction of stress, anxiety, and negative emotions
- This will have an Increased control over ruminative thinking (a major cause and symptom of depression and anxiety)

- Increased mental flexibility, empathy towards self and others , compassion, and conscientiousness of other's emotions

Physiological Benefits

- Helps in immune system functioning
- brain density and neural integration in areas responsible for positive emotions, self-regulation, and long-term planning can be increases
- Lowered blood pressure and Lifestyle disease.

STEPS IN PRACTICE MINDFULLNESS

1. Take a Seat Find a place to sit that feels calm and quite to you.
2. Set a Time limit: if you are just beginning it can help to choose a short time such as 5 or 10 minutes
3. Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position you can stay in for a while
4. Feel your breath follow the sensation of your breath as it goes out and goes in
5. Notice when your mind has wandered: When you get around to notice this in a few seconds, a minute five minutes simply return your attention to the breath
6. Be kind to your wandering mind: Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. just come back

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4. Mental Health concern and role of mindfulness as an intervention strategy among parents of children with disabilities
Dr. Rajesh Ramachandran

INTRODUCTION

The World Happiness index reports Finland as the happiest country and placing India at 136th position based on the World Happiness Report, which is a publication of the Sustainable Development Solutions Network. The report is based on Happiness or life evaluation is measured through opinion surveys and Identifying key elements that determine well-being and life evaluation across countries. Based on India Today survey in India the smaller states Kerala and Goa are the happiest. This brings to a statement that happiness leads to a positive life and less of mental health issues, while not happy is the state of having Mental Health concerns.

Mental health is concerned with how we feel, the thoughts we have, and how this influences our decisions and behaviour. It also refers to our ability to deal with what happens in our daily lives. There are lots of emotions we may experience like happy, sad, excited, calm, worry, anger etc., which are quite natural.

According to National Mental Health Survey of India (NMHS) the most common prevalent problems in children and adolescents were Depressive episodes (2.6%) , Agoraphobia (2.3%), Intellectual Disability

(1.7%), Autism Spectrum Disorder (1.6%), Phobic anxiety disorder (1.3%), Psychotic Disorder (1.3%). Further according to NMHS, prevalence of mental disorders in age group 13-17 years was 7.3% and nearly equal in both genders. Nearly 9.8 million of young Indians aged between 13-17 years are in need of active interventions. Prevalence of mental disorders was nearly twice (13.5%) as much in urban metros as compared to rural (6.9%) areas.

Parents of children with developmental disabilities experience higher levels of stress across all domains as reported. Parenting stress and ability to adapt are affected by the type of disability, the family's coping resources, and both formal and informal community supports.

COPING RESOURCES

"Faith in God, energy, self-determination, and perception of the situation" are among the coping resources, and support from family members, relatives, friends, neighbours, professionals, community, and government policies and programmes are external resources (Peshawaria et al 1998). Among the coping resources of the family, family cohesion, religion, spirituality and socioeconomic status have been studied. Sameroff et. al 1987 in their study pointed out that lower socioeconomic status of the family is associated with more stress because of fewer resources available, support from spouse and close family relatives has been found to promote family adjustment thereby reducing stress.

Religious coping has been shown to decrease parental stress (Bennett al, 1995).

ALARMING FACTS (MATTER OF CONCERN)

Fatima, N et. al (2021) in their study concluded that depression and anxiety were prevalent among mothers of children having neurodevelopmental disorders. A study found that parents of children with intellectual disabilities had a high level of psychiatric morbidity (Tak, et.al 2018). A study by Chandravanshi et. al (2017), Department of Psychiatry, J L N Medical College, Ajmer, Rajasthan reported that the prevalence of depression in mothers of children having intellectual disability appears to be much higher than in previous studies. Similarly Stambaugh et. al (2017) found that the burden of mental illness among mothers is high. Depression appears to be much more prevalent in mothers of children with intellectual disability in India than in studies conducted elsewhere (Nagarkar, et.al 2014). Studies by Peshawaria et.al (1998) found that mothers of children with attention deficits and hyperactivity disorders were more depressed, socially isolated, and restricted in their parental roles than mothers of children with normal behaviour. Furthermore, they were less attached to their children and felt less capable of dealing with them.

STRESS

What exactly is stress? When life becomes extremely stressful, an individual's mental and emotional

state suffers. However, this is not always obvious to onlookers and is sometimes unknown to those who are in danger themselves. Some people appear to cope well with life's pressures on the outside, but stress may be negatively impacting their health on the inside. When confronted with a stressful situation, the fight or flight stress response ensures that a mixture of stress hormones is released into the body.

We often associate stress with being unhealthy, but it is actually a very normal and reflexive reaction. When danger strikes, it is part of our fight or flight response. The type of stress we experience these days is usually not life-threatening, but the body is unable to tell the difference. When you are stressed, your body goes into high-alert mode and a cocktail of stress hormones floods the body. This enables a quick response to a difficult situation. When the stressful situation passes, the hormones return to normal, and the body returns to normal. The issue arises when the stress response does not fade dissipate because the hormones continue to flow freely within the body. This is what exactly happens with parents of a child having disability. Research has shown that parents of children diagnosed with developmental disabilities are subjected to an elevated level of chronic emotional strain and anxiety when compared to parents of children who do not have developmental disabilities.

Short-term stress promotes mental clarity. Continuous stress, on the other hand, causes fatigue and

confusion. Decision-making becomes more difficult, mood swings occur, irritability occurs, and physical symptoms such as headaches or stomach problems can occur. So parents having children with disabilities are at a greater stress, which leads to distress and anxiety.

SPECIFIC STRESSORS ASSOCIATED WITH RAISING A CHILD WITH DISABILITY

Having a child with disabilities is always stressful for the parents who care for them, even if the child is an adult, resulting in a constant disagreement of parents with their child's disability. There is always parent guilt associated, they feel sad and depressed and would be always worrying. Raising a child with disability leads to parental dysfunction (Feizi, A., et. al 2014) as a result there will be disagreement between parents about dealing with the child and disagreement between parents about the existence of a problem It also leads to marital disharmony followed by financial burden on the part of the parents. Child with disability also experience stress since they have comorbid conditions of behaviour problems and the parental stress can have a negative impact on the relationship between parent and the child.

MINDFULNESS

Mindfulness is putting all of your attention into the present moment, slowing down and concentrating on one task or thing at a time. Mindfulness is focusing on something in a relaxed way. Mindfulness is an influential but gentle technique for dealing with all types of stress. It

can be introduced gradually, but it must become an integral part of daily life. Mindfulness has grown in popularity in recent years for good reason. This may not sound exciting or powerful, but it is extremely beneficial.

ROLE OF MINDFULNESS AS AN INTERVENTION STRATEGY AMONG PARENTS OF CHILDREN WITH DISABILITIES

According to McCarty (2017) mindfulness has been shown to reduce aggression and increase pro-social behaviours and compliance in younger children with special needs. Mindfulness and mindful parenting have been shown to have positive outcomes for families of children with autism by:

- Increasing physiological and psychological well-being in parents through stress reduction.
- Improving relationships by changing the ways we respond to difficult situations.
- Decreasing challenging behaviours in children by modeling coping strategies and building acceptance of each moment.
- Mindfulness practice has been shown to decrease activity in the amygdala, a part of the brain that modulates emotion, consequently lowering the stress response in our bodies and reducing the devastating effects stress creates.

MINDFULNESS-BASED STRESS REDUCTION

Mindfulness based stress reduction (MSBR) as a therapeutic practice conceived by Jon Kabat Zinn way back in 1979 detaching the religious practices used to assist patients having anxiety, stress, depression patients along with patients suffering from chronic pain and illness. The MSBR is an 8 weeks programme divided into 2.5 hours. Participants are also asked to practice the mindfulness techniques 6 days a week as a homework along with an audiotape. Group sessions include both formal didactic instruction and experiential exercises to help participants integrate concepts such as communication skills, stress reactivity, and self-compassion.

The MSBR programme comprises of meditation, yoga, relaxation training as well as techniques for incorporating these practices into daily life. Other mindful meditation techniques such as breathing awareness, mindful walking, eating and communication are also taught in MSBR programme. All of these practises train the participant to pay full attention to the present moment, choosing to respond skilfully rather than automatically to external events, thoughts, emotions, or sensations as they arise (Nehra, D K., et. al 2014).

MINDFULNESS BASED PARENT TRAINING

Interaction between children and their parents are important in child development and helps the process of

socialisation, if the interaction is dysfunctional then a psychosocial approach named Behaviour parent training (BPT) is used since the 1960s and was used quite extensively as an intervention for families having troublesome children. Since its inception, BPT has demonstrated that its operant model cannot account for a wide range of human behaviours. Dumas (2005) believes that some families do not benefit from BPT because, by the time they are offered intervention, they have become automatized and resistant to change. Following an overview of automaticity in everyday life and family relationships, Dumas (2005) compared the BPT model to a new, mindfulness-based parent training (MBPT) model.

The MBPT model according to Dumas (2005) has three strategies so as to reduce the automaticity in families having troublesome children. Automaticity plays a major role in parenting and in the development of a child's coping competence (Dumas, 1997). According to the MBPT model intervention relies on mindful practices to teach parents consider their own and their child's behaviour without judgement, to distance themselves from negative emotions, and to develop parenting goals that are accompanied by motivated action plans. Mindful practices offer tried-and-true methods of fostering mutual care and respect in families, as well as attending to the various desires and needs of parents and children. Mindfulness practices can be used to address family relationship issues and, eventually, as a stepping stone to

a different, more productive mindlessness between parents and children (Dumas, 2005).

FOSTERING EVERYDAY MINDFULNESS IN PARENT TRAINING

According to Dumas (2005) there are three different ways of fostering everyday mindfulness in parent training, they are;

- Facilitative listening
  Parents are encouraged to share their experiences and concerns, as well as attend to their immediate thoughts and feelings, through facilitative listening.
- Distancing
  To assist parents in distancing themselves from the negative emotional states with which they have become associated.
- Motivated action plans
  To assist parents in developing and implementing specific plans to achieve effective goals for themselves and their children.

Mindfulness-Based Parent Training (MBPT) is a parenting-specific programme. It teaches mindfulness in the context of everyday events, training parents to view both their own and their child's behaviour objectively (Dumas, 2005). MBPT as a technique allows the parent to develop parenting objectives that are aided by particular behavioural plans. Singh et. al (2006) reported in their findings that the mothers' mindful parenting reduced their

children's aggression, noncompliance, and self-injury while increasing the mothers' satisfaction with their parenting skills and interactions with their children. Mindfulness based parent training involving the techniques of mindfulness which provides parents with the techniques to closely examine what the parents want to change, what they are able to change and how they are going to change it.

So mindfulness support parents to build up social and emotional well-being of their child, helping the parents to notice, listen and engage with what's happening at the present moment, by helping the parents to pay attention to the child's emotion and providing the opportunities to initiate interactions. Mindfulness helps set the limits and developmentally appropriate expectations by being consistent and praising the good things the child does and guiding and offering help when needed while encouraging independence and commenting on child's accomplishments.

CONCLUSION

Mental health is a concern for all of us particularly for parents of children having disabilities, as parents are more stressed and stress is not at all good neither physically nor psychologically. Hence as an intervention strategy Mindfulness helps in reducing the stress. Mindfulness as an intervention strategy can also help in rebuilding the family relationship.

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5. Mental Health and Art Based Therapy

Shanthini Kalpurniya D

Pablo Picasso once said, "Art washes away from the soul the dust of everyday life". It's no surprise that many people around the world use art to cope with stress, trauma, and unhappiness - or simply to find more peace and meaning in their lives.

Art therapy is a fusion of art and psychology that uses the creative process, artistic techniques, and external artwork to help individuals develop self-awareness, explore emotions, and address unresolved conflict or trauma.

Art therapy does not require any prior experience with art or a 'natural' artistic ability. The process itself is one of discovery, with no 'wrongs' or 'rights.' Without judgment, the practice allows each individual to use creative activities in ways that best support them. Many art therapy exercises can be completed with simple supplies and no prior experience. It is not intended to be product-oriented, nor is it intended to be a display of skills. It is process oriented. Here are some activities that we can do in the comfort of our own homes. It's all about getting rid of the stress of daily life.

1. **Create a stress painting:** By selecting colors that represent your stress and scribbling and painting your problems away.
2. **Finger paint:** Use your fingers to draw your favourite images. Get your hands dirty and have some fun splattering paint around.
3. **Create a mandala:** Take some time to meditate and relax. Take note of the images that come to mind. Make a small circle with a pencil and compass. Draw larger circles around the first one using the same centre point. (It makes no difference if their distances differ.) Draw the images as patterns that you noticed while relaxing/meditating after you've drawn the circle.
4. **Draw shapes and scenes in the sand:** Drawing shapes and scenes in the sand can be extremely relaxing and a great way to clear your mind.
5. **Create a zentangle:** Draw or cut a 3.5" x 3.5" square out of paper. Draw the patterns that come to mind with a pencil and a black pen.
6. **Color in a design:** Sometimes just coloring can be a great way to unwind. Find a coloring book or create a mandala to color.
7. **Make a calming collage:** Select images that you find soothing, calming, or even meditative and combine them to make an appealing collage that can help you relax.
8. **Paint a pebble:** Recollect the things / incidents that empower you. Paint as doodle in the pebble.

9. **Mix Colors:** To mix colors, draw several circles with a pen on a sheet of paper. Fill in the circles with a different color. After the colors have dried, try applying different colors to each circle to see how the new color will look. This exercise is designed to help you overcome emotional stress and develop your imagination.

10. **Create an art journal:** Instead of writing, use your artwork to tell a story and represent your emotions as events in your life, both positive and negative, occur.

11. **Paint to music:** Music can both reveals and unleashes emotions. Play some music that resonates with you and express your feelings using paint/sketches on the paper.

Art based therapy activities engages mind, body, and spirit that allows to communicate with thoughts and emotions through visual and symbolic methods rather than with words alone, fostering self-esteem and self-awareness. These activities serve a purpose beyond arts and crafts.

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6. Myths and misconceptions of Mental Health:
Ways to reach and connect experts
Kaleeshwaran K J

MENTAL HEALTH IS A SPECTRUM

The World Health Organization (WHO) conceptualizes mental health as a "state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

Individual characteristics such as the ability to manage one's thoughts, emotions, behaviors, and interactions with others are examples of mental health determinants. Furthermore, social, cultural, economic, political, and environmental factors, as well as specific psychological and personality, and genetic factors, all play a role.

STATISTIC ON RECENT SURVEY'S

According to a survey conducted by UNICEF and Gallup in early 2021 with 20,000 children and adults from 21 countries, the young in India appear hesitant to seek help for mental stress. According to the State of the World's Children 2021 report, only 41% of 15-24 year old in India said it is good to get help for mental health

problems, compared to an average of 83% across 21 countries.

According to a study published in the Lancet in October 2021, there has been a 35% increase in mental health disorders in India. According to the 'Global Burden of Disease Study 1990-2017,' 19.73 crore Indians, or one in every seven, suffer from mental illnesses. Psychiatric disorders were responsible for a two-fold increase in disease burden in India, with the total disease burden increasing from 2.5 percent in 1990 to 4.7 percent in 2017.

According to the latest National Crime Records Bureau report, Maharashtra had the highest number of suicides among all states, followed by Tamil Nadu and Madhya Pradesh, in 2021, a year that recorded 1,64,033 such cases—a 7.2% increase over 2020—across the country (NCRB) According to the report, the main reasons for suicide in the country are professional and career-related problems, a sense of isolation, abuse, violence, family problems, mental disorders, alcohol addiction, financial loss, and chronic pain.

MYTHS ASSOCIATED WITH MENTAL HEALTH

Myth: If a person has a mental health problem, it indicates that the person is intelligent.

Fact: Like physical illness, mental illness can strike anyone, regardless of intelligence, social class, or income level.

Myth: You only need to take care of your mental health if you have a mental health condition.

Fact: Everyone can benefit from actively promoting their well-being and improving their mental health. Similarly, anyone can take proactive steps and develop healthy habits to improve their physical health.

Myth: If you have a mental health condition, you must only take care of your mental health.

Fact: Everyone can benefit from actively promoting their well-being and improving their mental health. Similarly, anyone can take proactive steps and develop healthy habits to improve their physical health.

Myth: Teenagers' mental health is not a major concern. They simply have mood swings caused by hormonal fluctuations and act out for attention.

Fact: Teenagers frequently experience mood swings, but this does not rule out the possibility that they are also struggling with their mental health. Fourteen percent of the world's adolescents have mental-health issues. Suicide is the fifth most common cause of death among those aged 10-15 worldwide, and the fourth most common cause of death among adolescents aged 15-19. Half of all mental health problems begin before the age of 14.

Myth: Nothing can be done to keep people from developing mental illnesses.

Fact: Many factors, such as strengthening social and emotional skills, seeking help and support early on, developing supportive, loving, warm family relationships, and having a positive school environment and healthy sleep patterns, can help people avoid developing mental health conditions.

Myth: A mental health condition is a sign of weakness; if the person were stronger, this condition would not exist.

Fact: Being weak or lacking willpower has nothing to do with a mental health condition. It is not something that people choose to have or not have. Recognizing the need for and accepting help for a mental health condition takes tremendous strength and courage. A mental health condition can affect anyone.

Myth: Adolescents with good grades and many friends are unlikely to suffer from mental health problems because they have nothing to be depressed about.

Fact: Depression is a common mental health problem caused by a complex interaction of social, psychological, and biological factors. Depression can strike anyone, regardless of socioeconomic status or how good their life appears on the surface. Young people who are doing well in school may be under pressure to succeed, which can cause anxiety, or they may be facing difficulties at home. They may also experience depression or anxiety for no discernible reason.

Myth: Adolescents suffer from mental illnesses because of poor parenting.

Fact: Poverty, unemployment, and exposure to violence, migration, and other adverse circumstances and events can all have an impact on the well-being and mental health of adolescents, their caregivers, and their relationships. Adolescents from loving, supportive homes, as well as adolescent from homes where caregivers may need support to maintain an optimum environment for healthy adolescent development, can experience mental health difficulties. Caregivers can play an important role in assisting adolescents in overcoming any problems they may face if they receive support.

PROMOTION AND PREVENTION FOR MENTAL HEALTH

Individual, social, and structural determinants of mental health are identified, and then interventions are implemented to reduce risks, build resilience, and create supportive environments for mental health. Individuals, specific groups, or entire populations can all benefit from interventions.

Changing the determinants of mental health frequently necessitates action outside of the health sector; therefore, mental health promotion and prevention programs should involve the education, labour, justice, transportation, environment, housing, and welfare sectors.

The health sector can make a significant contribution by embedding promotion and prevention efforts within health services, as well as advocating for, initiating, and facilitating multisectoral collaboration and coordination where appropriate.

Another priority is to promote child and adolescent mental health, which can be accomplished through policies and laws that promote and protect mental health.

Suicide prevention is a global priority, and it is included in the United Nations Sustainable Development Goals. Limiting access to means, responsible media reporting, social and emotional learning for adolescents, and early intervention can all help to make significant progress.

WHEN TO CONSULT WITH A MENTAL HEALTH PROFESSIONAL

The first is when you have uncontrollable thoughts, emotions, or behaviors, especially when they are interfering with your relationships, work, or sense of well-being. Never be embarrassed to seek assistance when you are upset or depressed.

When the use of alcohol or drugs impairs your health, emotions, relationships, job, or ability to carry out daily responsibilities

When you are befuddled, emotional, and need the perspective of a caring yet unbiased person to help you sort through difficult choices

When you believe that life is no longer worth living, that you are hopeless and have reached the end of the road, and that you would rather die than suffer the agony of the present You are not prepared to make life-or-death decisions during such anguish. Ask help.

Helplines and support in India:

- All Government medical colleges have Mental Health programs
- National health mission launched District mental health programs on all over the districts of respective state districts
- State Mental Health Helplines 104,
- Kiran helpline – 1800 599 0019
- Sneha Suicide Prevention Centre - 044 2464 0050
- Because of technological advancements, private practitioners such as psychiatrists, psychologists, counsellors, psychotherapists, and psychiatrist social workers are now available in both offline and online settings.

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7. Kiran, Mental Health Rehabilitation Helpline: A Ray of Hope

Shylaja M

MENTAL HEALTH

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community"

World Health Organisation

The term mental health refers to Emotional, Psychological, and Social well-being and can affect daily living which includes how we think, feel and act. It is important to give priority to the mental well-being as like physical well-being.

The above mentioned concerns are common among human being apart from age, gender, race, and status. Individuals with Mental Health problem can be treated and can lead productive life if it is identified at the earlier stage.

Common symptoms are as follows:
- ❖ Appetite- too much or too little
- ❖ Sleep- excessive/disturbed/sleeplessness
- ❖ Not able to perform daily routine
- ❖ Lack of self-care
- ❖ Feeling numb

- ❖ Feeling unusual / confused / forgetful / anger / upset / worried
- ❖ Hearing voices or believing things that are not true
- ❖ Thinking of harming self or others.
- ❖ Mood swings
- ❖ Persistent thoughts.

When a person experience these kind of symptoms are in the stage of concerning and needs immediate support from the experts.

Why experts? not friend or well-wishers!
To maintain confidentiality and to open up what exactly you are going through in your life.
Experts can listen to you and your plan then lead you to be independent and make proper decision.
Professionalism will be maintained throughout the counselling process. Right intervention and follow up

Friends/well-wishers/known person
Sometimes we don't feel like saying certain things just be he/she is known to the people in common and they might say or break your

KIRAN MENTAL HEALTH REHABILITATION HELPLINE

Mental health is a major concern worldwide especially in India we do face many challenges and obstacles due to various factors. Mental health awareness is making it ways to the limelight in our country many measures are in process to protect and promote mental health well-being. In this view Ministry of Social Justice and Empowerment & Department of Social Justice & Empowerment of Disability (DIVYANGJAN) has launched the KIRAN-MHRH helpline 24*7 to provide support to people facing anxiety, stress, depression, suicidal thoughts, and other mental health concerns. KIRAN-MHRH operates in 13 regional languages (**Hindi, Telugu, Malayalam, Tamil, Kannada, Marathi, Odia, Gujarati, Punjabi, Bengali, Assamese, Urdu and English** with more than 660 professionals in 26 institute along with volunteers around India across India. This is the first toll-free number- 18005990019 helpline for mental health to launch in India.

The aim is to provide counselling through telephone in aspects of dealing with Pandemic fear, OCD, Sleeplessness, Anxiety, Depression, Confusion, Suicidal thoughts , Relationship issues, Delusion, Paranoia Bipolar and Panic attack also this helpline share information related to disabilities and provide referral service for homes or hospitals for the assessment.

Tamilnadu & Puducherry

Kiran Mental Health Rehabilitation Helpline has been serving 24/7 since 2020 provided early screening, psychological first-aid, psychological support, distress management, mental well-being, psychological crisis management services and referrals across the Nation in the state of Tamilnadu and union territory Puducherry most of the calls that are related to Relationship issues, Distress, Depression, Marital issues, Disorder: Schizophrenia, bipolar, OCD, Anxiety, Panic attack, fear, suicidal ideation and substance dependents. The calls are received from different age groups from start of 14years to 75 years.

The calls to the helpline are handled by Social worker, Psychologist on need basis the calls been directed to Psychiatric OPD or referred for direct consultation. However there are other queries related to disability or home referral services are been handled in this helpline.

The follow-up session has been scheduled for the clients and intervention are planned according to the client's concern over the phone.

In this Kiran-Mental Health Rehabilitation Helpline has received more than 4000 calls since 2020 as new and follow-up is around 2500 the anonymity is maintained unless the callers feel confident to reveal their details the professionals never ask their name or phone

number instead the direct number is been shared to the caller if they required follow up session.

Apart from handling calls the initiative are taken to reach out the least population to utilize the resources provided by the Government. Many community awareness programme and orientation of Mental Health well-being are conducted in and around. Webinar for students and NGO professionals are conducted to reach the maximum number of population collaboration with organisation and NGOs, wall painting pamphlet distribution are been organised and implemented in last two years.

To conclude the mental health well-being need to prioritize and every individuals should open up about their problem and seek help by taking proactive stance of improving, maintaining and nurturing our mental health, which enhance to live productive and healthy and meaningful life.

"Seeking help is not a crime"

8. AI Powered programme chatbots for Mental Health
Dr. Rajesh Ramachandran

INTRODUCTION

Mental health chatbots are (Artificial Intelligence) AI-powered programmes that use natural language processing and machine learning techniques to provide support and assistance to individuals who may be experiencing mental health issues. They can provide a variety of services, such as providing information on mental health conditions, coping strategies, and connecting users with mental health professionals. Some chatbots are designed to provide cognitive-behavioural therapy, while others may simply provide a safe space for people to talk about their feelings and thoughts.

Mental Health chatbots can be accessed via a variety of platforms, including messaging apps, websites, and smartphones. It is important to note, however, that chatbots should not be used as a substitute for professional assistance, and it is always recommended to seek assistance from a professional.

CHATBOTS AND MENTAL HEALTH: THE TAKEAWAYS

1. Chatbots can be extremely useful in addressing the delicate issue of mental health because they provide privacy and confidentiality, and ease of use.
2. Chatbots can not only be partners for individuals who have mental illnesses, but they can also provide individually tailored therapy that combines principles such as CBT, DBT, and mindfulness.
3. Chatbots are excelling as treatments for mental health disorders due to AI that uses machine learning and natural language processing.
4. Technology never ceases to amaze! As the world moves toward more technologically advanced medicine, we can anticipate the development of even more powerful and efficient AI-based chatbots and treatment platforms.

There are several types of chatbots that can be used for mental health support, including:

Emotional support chatbots: These chatbots are designed to provide a listening ear and emotional support to users. They can help users express their feelings and provide encouragement and validation.

Therapy chatbots: These chatbots are designed to provide therapy and counselling services to users. They can use techniques such as cognitive behavioural therapy

(CBT) and other forms of talk therapy to help users manage mental health concerns.

Self-help chatbots: These chatbots provide users with information and tools to help them manage their mental health. They can offer tips for stress management, provide information about mental health conditions, and offer suggestions for self-care.

Mental health assessment chatbots: These chatbots can help users assess their mental health and provide information on how to seek professional help if necessary. They can also provide users with information about how to access mental health services.

Medication management chatbots: These chatbots can help users track their medication usage and schedule, as well as provide reminders to take their medications. They can also provide information on side effects and drug interactions.

MENTAL HEALTH CHATBOTS

WOEBOT: Woebot is a chatbot that assists individuals in controlling their mental health by utilizing Cognitive Behavioral Therapy (CBT) practices. It tackles problems including depression and anxiety and is intended to be used daily for a short period of time. The ideal users of Woebot are those who wish to learn more about CBT procedures and how to apply them to address mental

health problems. For users, research has so far produced encouraging findings.

WYSA: In order to assist users in managing their mental health, Wysa is another mental health chatbot that employs Cognitive Behavioral Therapy (CBT) methods. Wysa is referred to be "an AI chatbot that helps you feel heard." You can reframe your problems and view them from a different perspective with the aid of its self-help tools. It's intended to be a "non-judgmental safe area" where you can check in whenever you wish to discuss any concerns. Wysa is open about its privacy and security, telling customers that their discussions are completely confidential and will only be seen by the bot.

YOUPER: Youper is a mental health chatbot app which employs Cognitive Behavioral Therapy (CBT) and Positive Psychology methods to assist users in managing their mental health. Youper is a market leader in "digital therapies," assisting people with anxiety and depression with sophisticated AI and interventions that are supported by research.

MOODKITS: Moodkits was one of the top apps for treating depression in 2017, according to Healthline. Using a variety of activity tools that recommend appropriate activities users can take to improve their mental health, this chatbot also draws inspiration from CBT.

MOODNOTES: Moodnotes is developed by Thriveport company. Through this chatbot patients manually enter their daily mood, give it a rating, and then record their feelings. Afterwards, in order to comprehend and classify the user's cognitive processes, Moodnotes poses a series of perceptive questions. It highlights cognitive flaws including emotional reasoning, unwarranted concern, or generalizing.

CONCLUSION

In the recent years, people who are exhibiting signs of mental distress have begun to seek help from a novel category of service: mental health chatbots. Chatbots can provide a channel through which one can have compassionate and nonjudgmental text contact at any time, every day, with just a few clicks of a mobile device.

It's important to note that these chatbots are not a replacement for professional care, they can help provide support and assistance, but they are not able to diagnose or treat mental health conditions.

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ABOUT THIS BOOK

Having a good mental health of utmost importance for all irrespective of where we live and what we do. Apparently, we do not tend to incline towards the need of a better mental health. Thus could be either due to a non-societal acceptance or due to non-understanding of the seriousness of the same, as a result individuals tend to suffer silently. The need for mental health services have to be made more available. The recent pandemic, did add up to the mental health issues but the stakeholders working for the improvement of mental health did and are trying for a change about the people's perspectives towards mental health. This edited book on mental health well-being is a humble attempt to look towards the aspect of having a good mental health. The 8 units in this book talks about various aspects of having good mental health.

ABOUT NIEPMD

National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan), is a national level apex body under the Department of Empowerment of Persons with Disabilities (Divyangjan) (DEPwD), Ministry of Social Justice and Empowerment, Government of India; to serve as a National resource centre for empowerment of persons with Multiple Disabilities such as those with two or more disabilities in a person as per RPWD Act (2016).

NIEPMD develops Multi, Trans and Inter Disciplinary models of services to provide quality care through a professional approach in the areas of Prevention, Early Detection, Early Intervention, Inclusive Education, Skill Training, Employment Assistance, Support for Livelihood, and Rehabilitation of Persons with Multiple Disabilities. We also develop a protocol of Services, which includes Screening, Assessment, Intervention, Management, Research & Development and developing Human Resources in the field of Multiple Disabilities to improve the quality of life for Persons with Multiple Disabilities.