

Press Release

Name of Event: Mental Health Campaign

Date: 15/09/2019

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Subject: Mental Health Campaign

Respected Sir,

We are delighted to announce the launch of a comprehensive national Mental Health Awareness Campaign aimed at promoting mental well-being, raising awareness, and reducing stigma surrounding mental health issues.

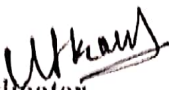
In recent times, the importance of mental health has garnered significant attention. With the rising prevalence of stress, anxiety, depression, and other mental health conditions, it has become imperative to initiate conversations and actions that prioritize mental wellness.

The Mental Health Awareness Campaign seeks to achieve the following objectives:

- 1. Education and Awareness:** Providing essential information and resources to enhance understanding and knowledge about mental health issues, their signs, and ways to seek support.
- 2. Reducing Stigma:** Challenging misconceptions and societal stigmas associated with mental health problems through open dialogue, stories of resilience, and supportive community engagement.

The campaign will leverage various platforms, including social media, community events, educational seminars, and collaborations with mental health professionals, advocates, and individuals with lived experiences. These activities will create an inclusive space for discussions, sharing personal stories, and spreading information about mental health in diverse and relatable ways.

(Press Note sent to Times of India, 15/09/2019)


Coordinator


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