Support for Project Staff Working in Mental Health

**Summary**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.Whereas Psychosocial Disabilities/Mental Illness is the condition that causes disorder in personal behaviour and thinking.

People with Psychosocial Disabilities are often excluded and they experience discriminations based on their personal distress or disturbance . Despite rapid economic and social change, the mental health burden on the society is enormous but the mental health system is only in its infancy leaving a huge gap between what is needed and what is available.

This project seeks to reach the inclusion of persons with Psychosocial Disabilities, depression and mental stress through an awareness campaign that allows breaking down myths that exist about them in our community.

**Challenge**

Person who experience the mental health/ Psychosocial Disability are usually subjected to mental asylum as main or only option of treatment. There they are usually subjected to human right violations. They are denied to participate in developmental journey of the society .They lose legal status as a person. We need to educate, mobilise the Community/society/Family for inclusion of these persons in the flow of development.

Through our project, our goal is to create awareness about mental health in our community in order to achieve the inclusion and equal opportunities for people with Psychosocial Disabilities. Agricon is very new to these initiatives and we are being hand held by Bapu Trust Pune for carrying out the project for inclusion. Our identified Project Staff are keen to give their best but we need a start-up fund for a year to pay our Project Staff and recurring expenses like stationary etc.

**Solution**

Your generous support to the program will help us meet our project goal of $ 25,000, that will ensure that the cost of 10 Volunteer for a year. In time we will be able to increase the number of Projrct Staff serving for this campaign. Your support will enable us to:

Give Salaries to our identified 10 Volunteer for a year.

 To carry out our learning and capacity building phase.

To strengthen the skill and aptitude to further scale up the project.

**Long-Term Impact**

Every effort we make will help persons with psychosocial disability in having greater opportunities for community inclusion and that they are treated equal to other citizens and not as subjects of assistance. The overall impact can be seen as

Recognition of psychosocial disability as a part of human spectrum of diversity

Accessibility

Non- discrimination

Respect for dignity

Equality in opportunity

Full and effective participation within family/community/society.

Trying to shift people from mental distress to mental wellness

Note :- Training and capacity building of Team Agricon in area of Mental health and discourse is done by Bapu Trust Pune (a Pioneer in the field). But it does not endorses Agricon for donation. This area of social intervention is entirely new for Chhattisgarh Agricon Samiti but we are positive that we will be able to make the Change.