

Giving is not just about making a donation.
It is about making a difference.

**You can make a
huge difference**



*Mahatma Gandhi Institute for
Comprehensive Mental Healthcare*

www.mgicmh.org

**Mental Health needs
special attention from you.
NOW!**



Stress on students is immensely applied in Indian educational system,
yet no one is guilty! Neither corporate education system nor parents!

Reading about suicides in daily newspaper has become a routine now,
yet no one is guilty! Neither the public nor the government!

**Only YOU can make a
difference.**



Our Vision

To deliver the high quality mental healthcare at affordable cost to poorer sections.

As India is becoming rapidly industrialised and urbanised, the psychological distress and resulting illnesses are rising exponentially. It is now reflected in several areas – for example high suicide rates in India, increased stress in students, and, increasing alcohol and drug misuse.

There is lack of knowledge and unhelpful practices regarding mental health. Conditions like Dementia have been posing challenges to individual families.

Government run services cannot fully meet the required demands in foreseeable future. Private services are only affordable and accessible to upper sections of population and are largely out of reach for the poorer sections. In addition, the private services have been patchy, despite charging.

We therefore started a not-for-profit model in 2010 in Guntur, AP, which has been successful so far. We need to give up leased premises and we therefore started to build a permanent building. We are now raising funds to complete the building.

We have been raising funds and have been running a 12 bedded mental health unit in the Guntur town since 2010 under the leadership of UK trained Consultant psychiatrist Dr. Ibrahim Khaleel. The team now has 3 qualified psychiatrists, a psychologist, nursing staff and others.

Our model is person centered. Our comprehensive approach considers the impact the illness on the patient and his or her family. We provide psychological therapies (talking treatments), medication, moral support, family counselling, arts and other skills to get the person back into his pre-existing occupation or role in life.

More than **2000 patient** consultations per year | **~600 new patients** per year
We want to do more!

We have future plans to inaugurate a new, purpose built hospital in May / June, 2019. Our plans also include launching centres across Andhra Pradesh and Telangana.

Mahatma Gandhi Institute for Comprehensive Mental Healthcare

GUNTUR

'Mahatma Gandhi Institute For Comprehensive Mental Healthcare' (MGICMH) has been established as a 'non-profit' hospital for mental health disorders in Guntur in 2010. Since then, it made a lot of progress despite facing the enormous challenge of being situated at the heart of a private medical hub.

MGICMH is run by **Empower Charitable Trust** based in Guntur, and it has government approvals under Indian IT act 12AA and 80G and FCRA approval.

MGICMH unit provides outpatient and inpatient facilities for patients with mental health problems. It provides psychological treatment, family focused therapies, social interventions in addition to the use of medication, thus keeping the use of medication in psychiatry to minimum possible levels.

We have been helping around 600 new patients a year and 1500 follow up patients every year. We want to do a lot more! We need your help now!

Current appeal is related to its new hospital building in construction in Kothapeta, Guntur.

*We need donors urgently to complete this building.
The naming rights are up for grabs now.*



Transforming Vision into Reality



12 bed facility



Total area of 5500 sq.ft


Proposed facility

'Mahatma Gandhi Institute for Comprehensive Mental Healthcare' (MGICMH), is a 12 bed facility, comprised of a cellar, ground floor and two additional floors with a total area of 5500 square feet.

The hospital has:

- 5 clinic consultation rooms,
- 10+1 inpatient rooms,
- One Child development Centre for children with Autism
- Day Centre for the elderly with dementia
- Cafeteria for patients, families and staff
- Laboratory
- Dispensary





**If you light a lamp for somebody,
it will also brighten your path.**

- Siddhartha Gautama

Why MENTAL HEALTH needs special attention

There is a strong stigma associated with mental illnesses due to which there is limited discussion on mental health. There is very little awareness regarding mental wellbeing and illnesses. If we have a physical ailment, the signs are usually visible to the sufferer and those around him. Signs of mental illness, on the other hand, are not that apparent. Often, people with mental disorders don't even realise they have mental health problems. This makes it difficult for them or people around them to seek medical help for the patient. Unless patients get timely and proper medical attention, their struggle with the problem continues.

From a financial perspective, the government has priorities for physical health and has relatively lesser focus on mental health. Private care in mental health is not affordable to many in our country due to financial constraints. Hence, the poor who are as susceptible to mental disorders as the rich, if not more, do not get timely and adequate treatment.

Why we need to act NOW

While there is an increase in awareness of mental health issues, the problem still remains acute, and the resources available to address this are scarce. We are witnessing high rates of suicide among different sections of society (e.g. farmer, students, working professionals, etc.) These can be attributed to high levels of stress at work and

home. If not addressed immediately, this phenomenon will lead our society to a disaster. As healthcare providers, it is our staunch belief that we should not wait any longer. Based on this belief, we started it small, and once we experienced some success, we now want to establish ourselves permanently. This will enable us to help a wider community of people. We appeal to you to join us in our fight against mental illness and help us eradicate this from our society.




Become a Benefactor and make a DIFFERENCE!

Mental health is a social issue that affects many among us, and yet is a silent killer. It does not have the focus that is warranted by a problem of this scale. Through your experience in and exposure to different societies across the globe you can comprehend the gravity of the problem that mental illness has become. Your understanding of Indian and global societies helps you appreciate the intensity of this problem in India which remains a social taboo.

We have a dedicated focus to tackle the issue of mental illness. We need YOUR help in making a difference to people's lives. You can become a benefactor at a personal or corporate level. If you are a part of a organization with committed Corporate Social Responsibility (CSR) initiatives, we request you to consider our cause for your company's donations.

NAMING RIGHTS PROGRAM

Benefactor levels based on amount donated:

 BENEFACTORS Contribution of more than Rs. 8,00,000	 GRAND BENEFACTORS Contribution of more than Rs. 12,00,000	 CONTRIBUTORS Contributors of any other amount less than Rs. 8,00,000. No amount is small!!
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Donations will be recognized appropriately and permanently on the Wall of Donor Recognition.

**It will help if the contributions are made by
APRIL 30, 2019.**



Areas currently earmarked for the naming rights program

Benefactor names will be separately displayed at the designated areas.

GROUND FLOOR

Reception area	Rs. 2,00,000
Waiting area	Rs. 12,00,000
Clinic Room - 1	Rs. 8,00,000
Clinic Room - 2	Rs. 8,00,000
Clinic Room - 3	Rs. 8,00,000
Clinic Room - 4	Rs. 8,00,000
Clinic Room - 5	Rs. 8,00,000
Dispensary	Rs. 8,00,000
Laboratory	Rs. 8,00,000
Staircase to Ground Floor	Rs. 12,00,000
<input checked="" type="checkbox"/> Day Centre for Older Persons with Dementia	Rs. 12,00,000

FIRST FLOOR

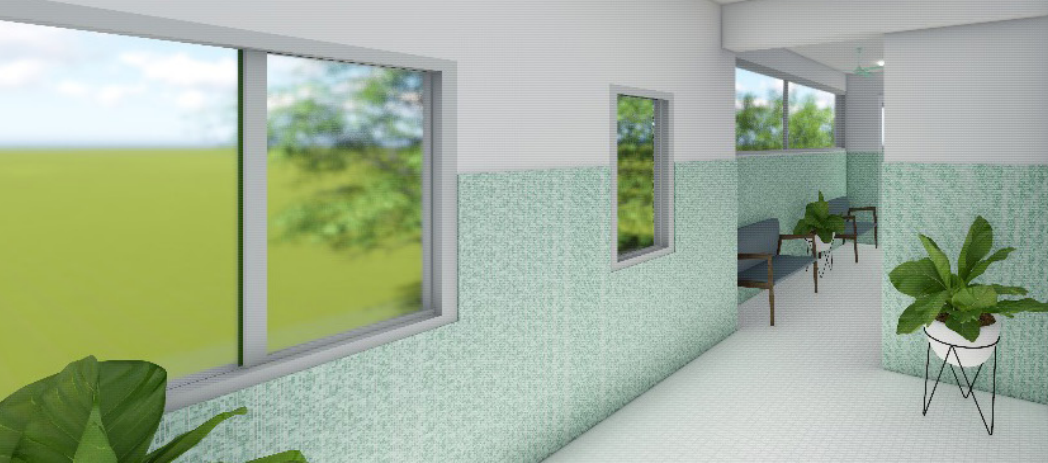
First Floor Waiting Area	Rs. 8,00,000
Inpatient Room - 1	Rs. 8,00,000
Inpatient Room - 2	Rs. 8,00,000
Inpatient Room - 3	Rs. 8,00,000
Inpatient Room - 4	Rs. 8,00,000
Inpatient Room - 5	Rs. 8,00,000
Child Development Centre for Autism	Rs. 12,00,000
Staircase to First Floor	Rs. 8,00,000

Note:

Minimum donation of Rs. 8,00,000

☒ indicates donation already contributed





SECOND FLOOR

Second Waiting Area	Rs. 8,00,000
Inpatient Room - 6	Rs. 8,00,000
Inpatient Room - 7	Rs. 8,00,000
Inpatient Room - 8	Rs. 8,00,000
Inpatient Room - 9	Rs. 8,00,000
Inpatient Room - 10	Rs. 8,00,000
Inpatient Room - 11	Rs. 12,00,000
Staircase to Second Floor	Rs. 8,00,000
<input checked="" type="checkbox"/> Lift & Other Equipment	Rs. 18,00,000
<input checked="" type="checkbox"/> Electric Generator	Rs. 3,50,000



HOW TO DONATE

Make a donation through our website: <https://www.impactguru.com/fundraiser/help-empower>

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You can forward your donations to the following bank account:

Bank Name	State Bank of India
Account Name	Empower
Account Number	37461977512
IFSC Code	SBIN0013483

3

Send an email to Dr. Ibrahim Khaleel on mgicmhindia@gmail.com
We will facilitate your kind donation.

Empower Trust has **80G approval** from the Income Tax Department for donations in India.



**We have a strong foundation.
YOU can help us do MORE!**





*It's so common, it could be anyone.
The trouble is nobody wants to talk about it.
And that makes everything worse*

—Ruby Wax



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Kothapeta, Guntur, Andhra Pradesh. INDIA. | +91-9949401495 / +91-8632223111