



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

MINDSHIFT-2021

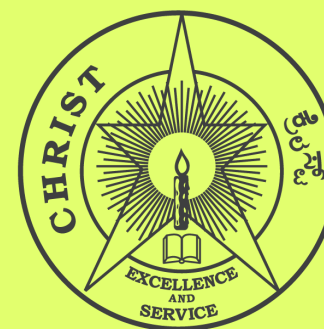


Mental Health Awareness Series

E-POSTER COMPETITION

Theme: Mental Health in an Unequal World

cchs@christuniversity.in



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E-POSTER COMPETITION

Theme: Mental Health in an Unequal World

Description

Besides inequalities due to race, ethnicity, sexual orientation and gender identity, between 75% to 95% of people with mental disorders in low & middle-income countries are unable to access mental health services. Do you see or feel this inequality? Express your thoughts on an e-poster and send it in to us

Guidelines

Format : jpeg, png or pdf

View & Size : Portrait, < 100MB

Judges' Criteria: a) Creativity and presentation
b) Originality c) Relevance to theme

Submission & additional details: <https://forms.gle/hdJEeaTKJCJmu4Dk6>

Last date for entry: 25 October, 9:00 am



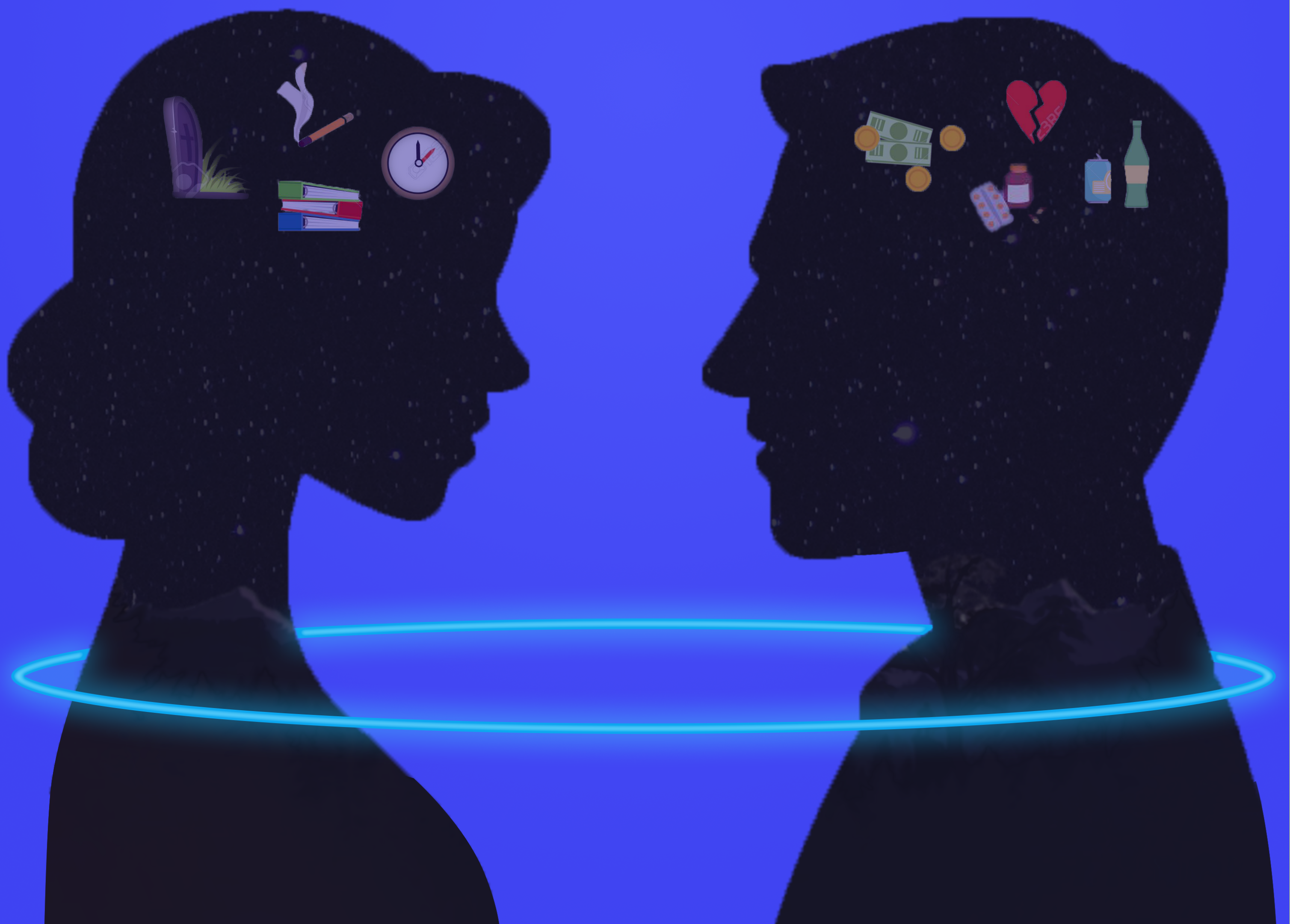
[CLICK HERE](#)

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Select posters will be released as an e-book

MENTAL SOUNDNESS IS ALL ABOUT TALKING TO THE RIGHT PERSON



IT'S OK TO BE UNSTABLE!
IT'S OK TO BE DEPRESSED!
IT'S OK TO SEEK THERAPY!

BETA! What
nonsense is
depression?

others have it
worse than
you!!

MENTAL HEALTH IS REAL

Mental health?
Therapy?! These
are not nesseary

Toughen up
and snap out of
it!

AND IT DOESN'T MATTER THAT THE
SOCIETY DOESN'T ACKNOWLEDGE IT!

IT'S OK TO BE UNSTABLE!
IT'S OK TO BE DEPRESSED!
IT'S OK TO SEEK THERAPY!

MENTAL HEALTH IS REAL

WE DON'T HAVE TO HIDE IT JUST BECAUSE
SOCIETY SAYS TO BEAR WITH IT



MENTAL HEALTH IN AN UNEQUAL WORLD

DON'T LET THE IGNORANCE, STIGMA AND MYTHS LET MENTAL ILLNESS GO UNRECOGNISED. BE AWARE OF THINGS GOING AROUND AND HELP THOSE IN NEED.



BE THEIR ALLY

Discrimination is unfair. Be the person to call it out whenever you witness something. Assume them they don't have to live in fear. Educate yourself. Don't unsee it.



EMPATHIZE WITH THE ONES IN NEED

Assure them of your love and support and that you're thinking of them. Encourage them to talk about it openly and share their experience. Be a listener.



Help them heal

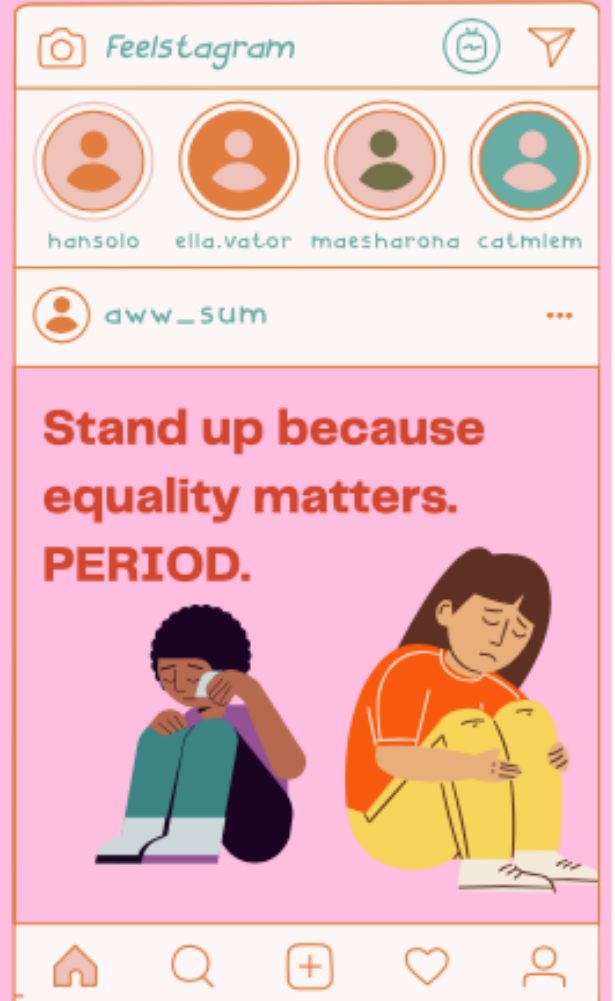
Play a role in one's recovery. Don't let the society control your wants and needs. Offer your help & understanding to the people you want to help.



Don't let money define you

Be a vocal anti-racist

End the taboo



BE KIND TO YOUR MIND



NUTRITION



SLEEP



COPING SKILLS



EXERCISE

Treat everyone equally and with kindness



WHAT IS MENTAL DISORDER?



BIPOLAR DISORDER



STRESS



ANXIETY



DEMENTIA



INSOMNIA



SCHIZOPHRENIA

ARE WE GETTING MENTAL HEALTH SERVICES?

No, There are only 47 Mental hospitals in India for a large population of 138 Crores.

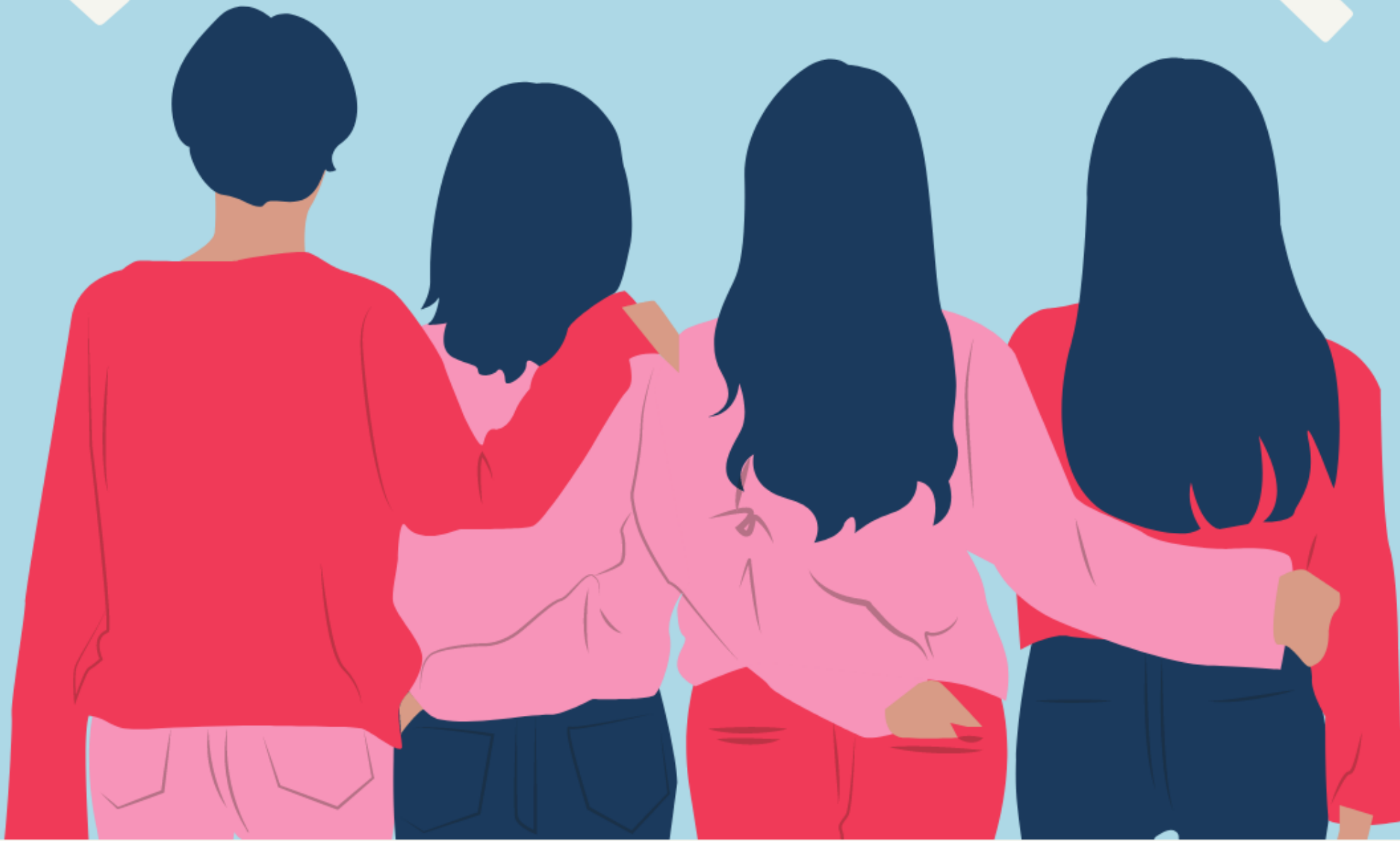


**SUPPORT
US!!!!**

We need more Mental Health Services in Low and Middle Income countries like India.

LET'S APPEAL TO THE GOVERNMENT AND GET MORE MENTAL HEALTH SERVICES

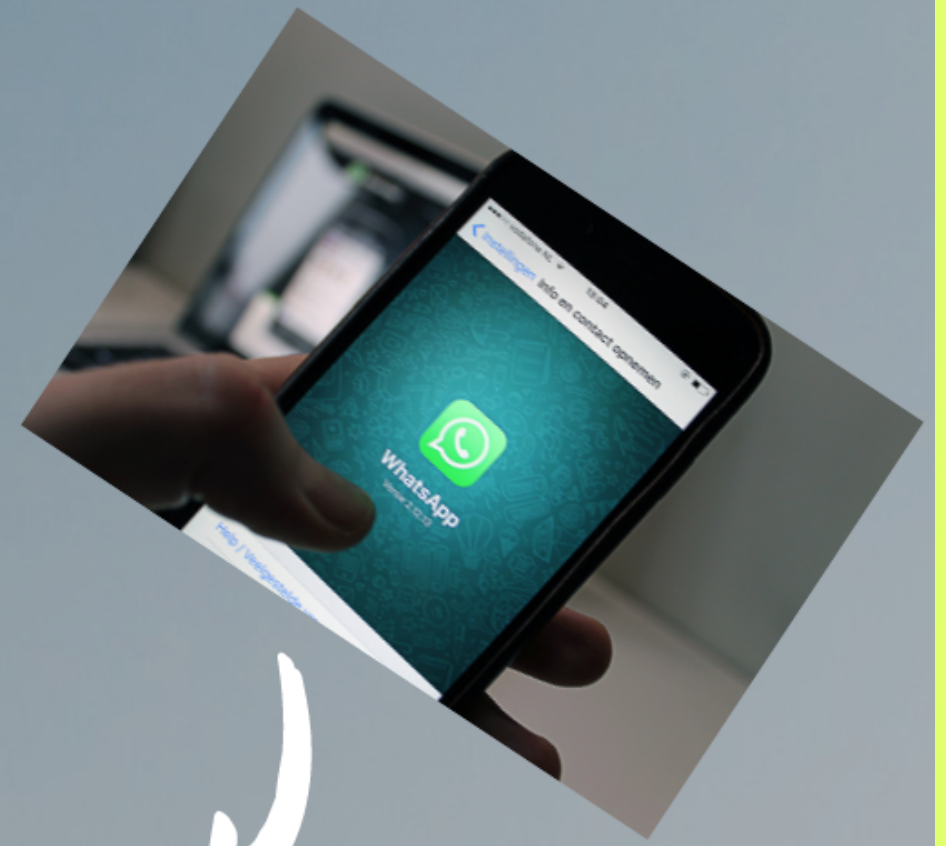
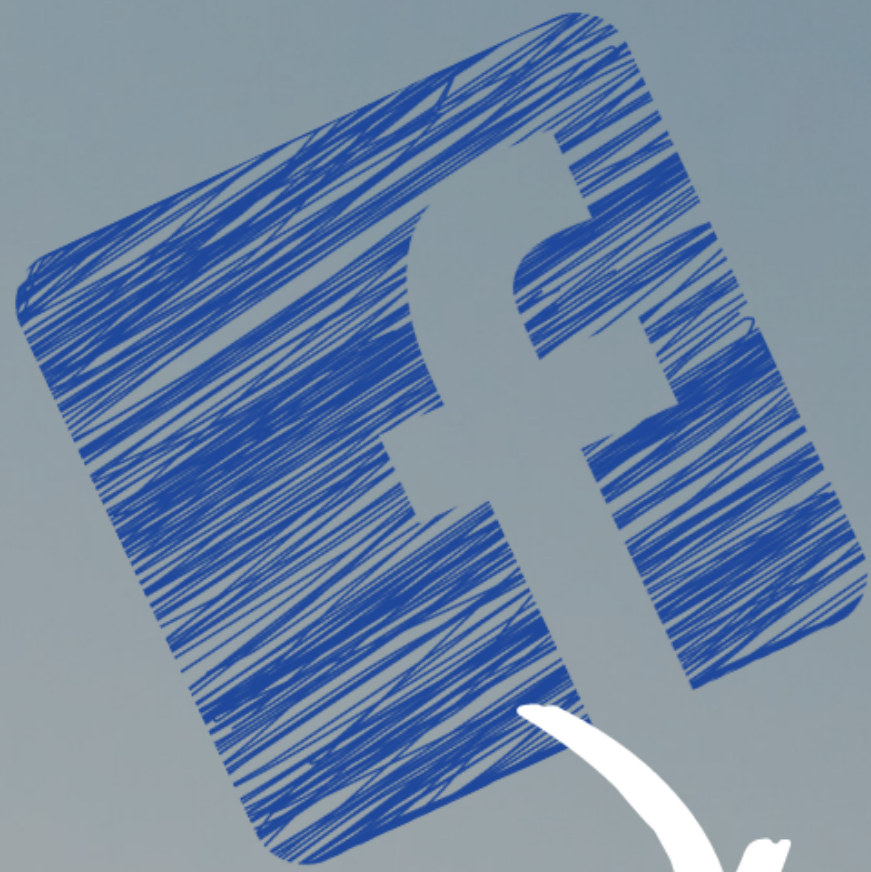
WE ARE ONE



Tackling Poverty and Mental Health

Poverty increases the risk of mental health problems and can be both a causal factor and a consequence of mental ill health. Mental health is shaped by the wide-ranging characteristics of the social, economic and physical environments in which people live.





MENTAL HEALTH



BE LIKE A CHILD



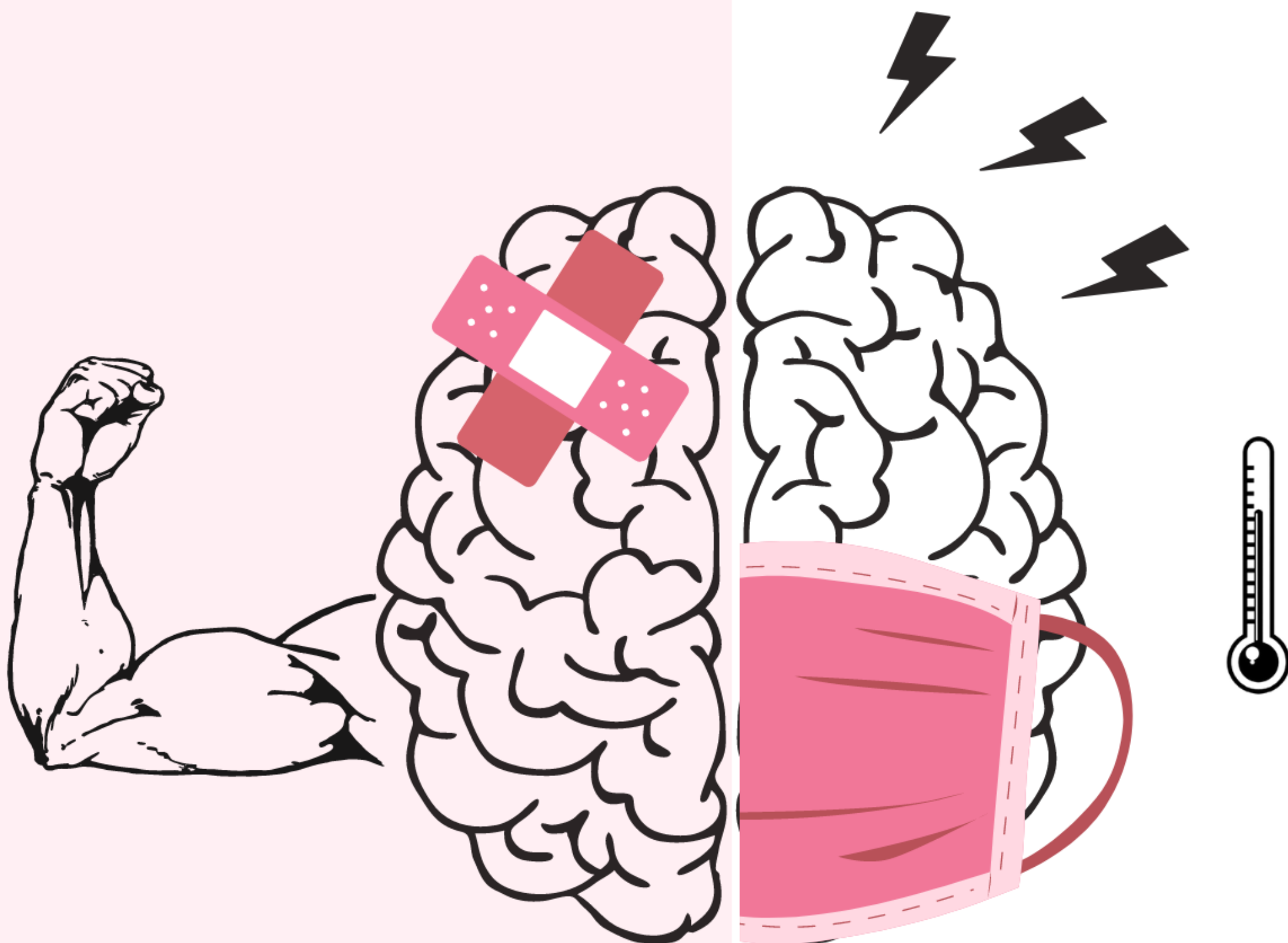
**DO NOT LET SOCIAL MEDIA AND OTHER PROBLEMS IN THE
SOCIETY DESTROY YOUR MENTAL HEALTH
HAVE A HEART LIKE A CHILD**

LET'S MAKE MENTAL HEALTH

Equally accessible

because

MENTAL HEALTH IS A HUMAN RIGHT - UN



Throw it like a
girl

DOMINANT

Men don't
wear
make-up!

Stop Being so Weak!!

STOP BEING
INSECURE

WIMP!

Mama's Boy

TOXIC MASCULINITY

Don't forget the idea of "masculinity" is
constructed by society itself through
standards of beauty that are fluid by
nature!

Don't cry like
a girl

BE A REAL MAN!!

That's for
Girls

Macho man

Boys will be
boys

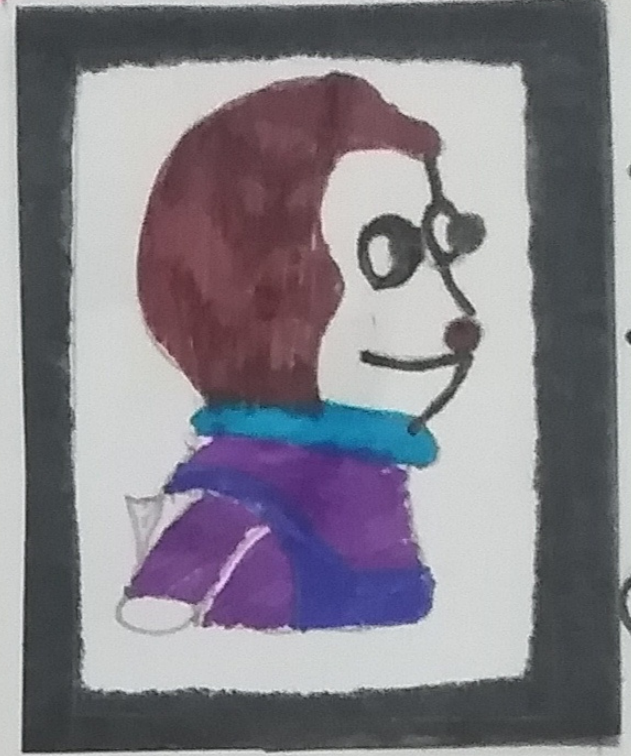
VIOLENT

You're so
sensitive!!

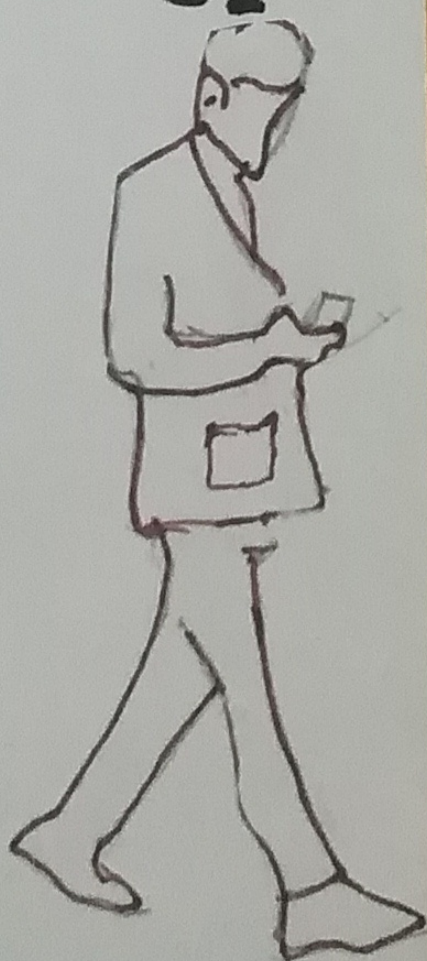
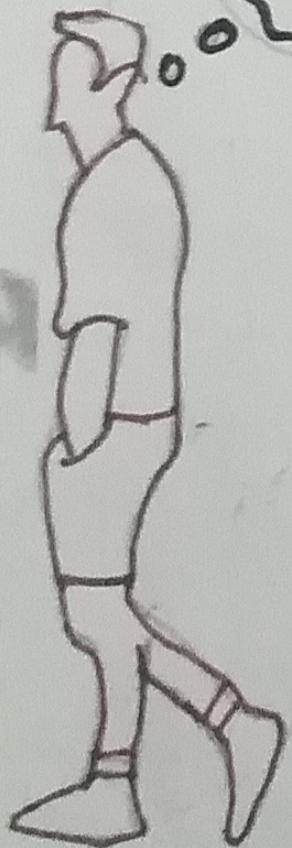
M13: Men's Mental Health Matters

TURNING
A BLINDEYE

WHEN MEN'S TALK
ABOUT MENTAL HEALTH



THE OTHERS
WILL HELP



It's
okay
to
ask
for help

(7869396096) preksha.kothari@psych.christuniversity.in

MENTAL HEALTH IN AN UNEQUAL WORLD

The 2015 meta-analysis Trust-
ed Source found that racism is
twice as likely to affect mental
health than physical health



color doesn't matter



cried
tear
eyes
cry
sad
emotion
whitney
time
hurt
tears
laugh
joy
pain
cryin
houston

MENTAL HEALTH IN UNEQUAL WORLD

PUBLIC PERCEIVES THEM
AS DRUG ADDICTS AND
WORTHLESS.

GET COUNCELLING

A counsellor helps
us to cope up
with anxiety,
depression etc.

FEAR



MENTALLY ILL PEOPLE FEAR ABOUT
LOSING THEIR JOB AND LIVELIHOOD
THEREFORE THEY AVOID SEEKING
HELP AND TREATMENT

Eat
healthy food
and maintain a
balanced diet.



REJECTION



PEOPLE OFTEN LINK MENTAL HEALTH
WITH VIOLENCE, PORTRAY THEM AS
EVIL, AND BELIEVE THAT THEY WILL
NEVER LEAD A NORMAL FULFILLED LIFE

PRACTICE YOGA

Yoga can help
reduce stress
because it promotes
relaxation

LONELINESS



Never fear
about how
the society
will judge you.
Talk about your
problems to
someone you trust
and take their
help.

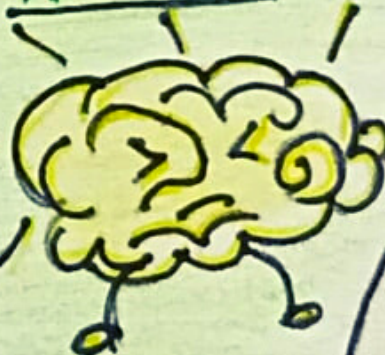
MANY PEOPLE ARE BEING
HARASSED AND BULLIED AND THIS

INTURN LOWERS
THEIR
SELF
ESTEEM

Organise life
by making a
better work life
balance



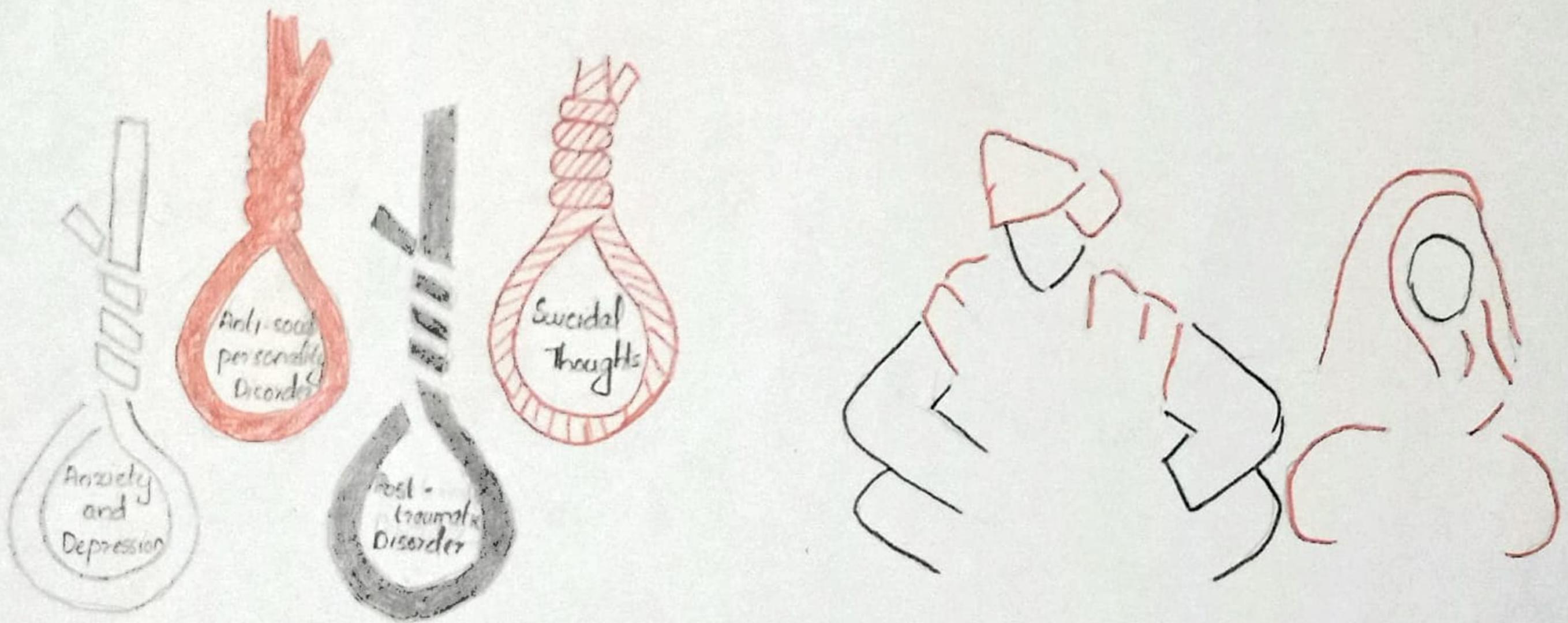
ANXIETY



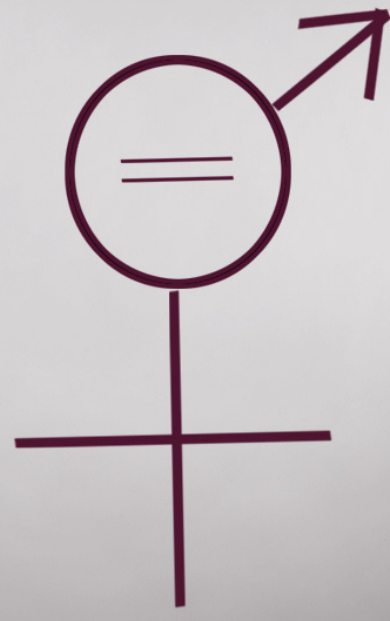
STIGMA, PREJUDICE AND
DISCRIMINATION AGAINST PEOPLE WITH
MENTAL ILLNESS IS STILL
PREVALENT IN THIS SOCIETY



A LIFE NOT CHOSEN - MENTAL HEALTH & CHILD MARRIAGE



'Child Brides' in India can't access help regarding mental health due to lack of social and economic factors



Gender discrimination is fueled by sexism, which is prejudice based on sex or gender. Mental health stands out as unique and paradoxical.

Aparna.T
1B.ARCH B

LIFE ALONE

teenagers are not able to get proper guidance for their life which lead them to stress and helpless unhappiness



By Ajith V V
1 Barch B

MENTAL HEALTH IS NOT A JOKE! ITS A DISORDER NOT A DECISION

Let's avoid
abandoning the
one with health
illness,
comparing their
situation,
breaking their
trust, diminish
their feeling,
forget to love
them

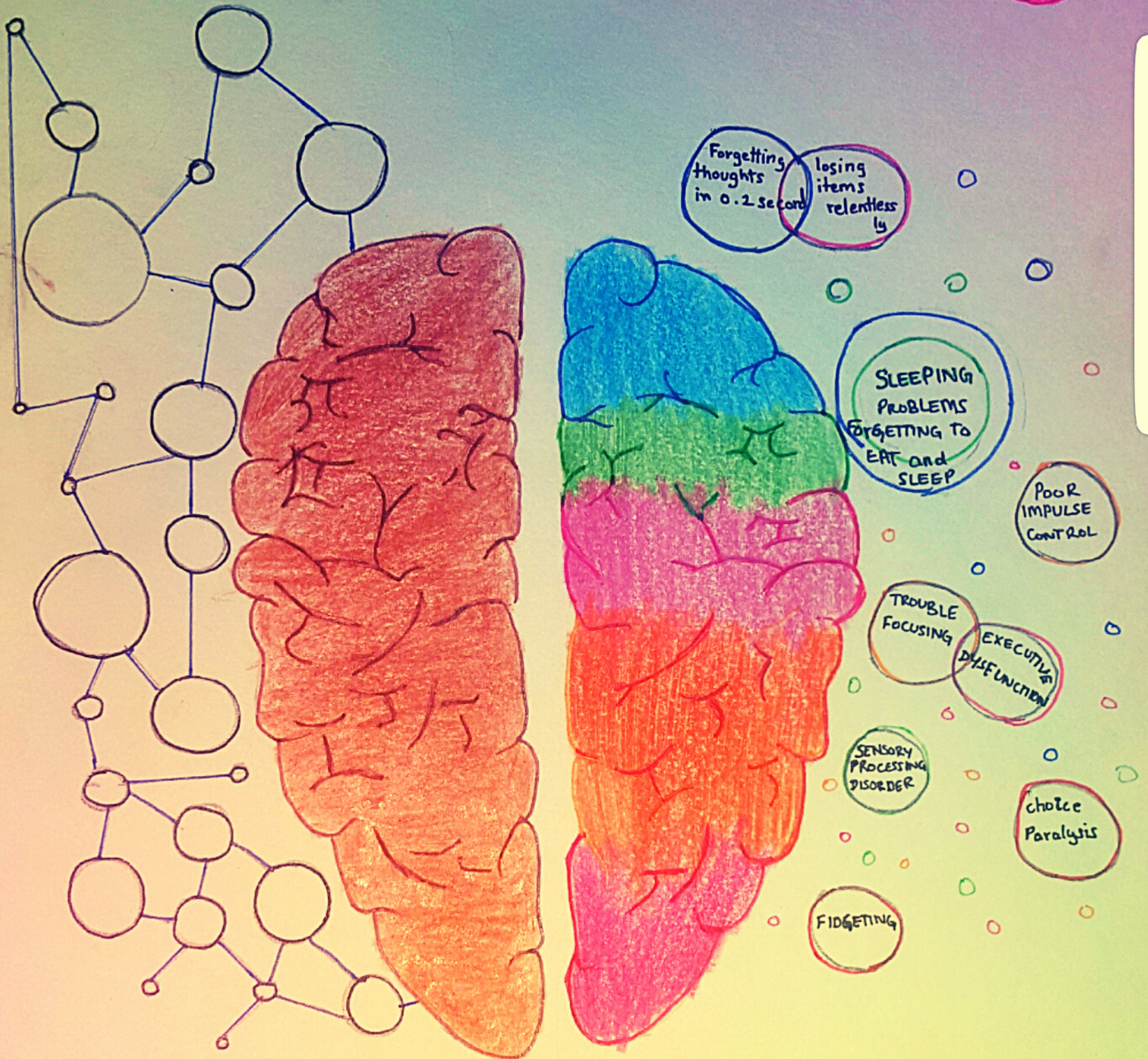
Why am I
Why am I so unlucky in everything
Why am I so ugly
I can't breathe
I felt like dying inside
I am so tired of everything

IT'S OKAY NOT TO BE OKAY
YOUR MENTAL ILLNESS IS NOT A PERSONAL FAILURE .

Let's listen,
keep
reaching
out,
encourage
each other,
be patient
and find
purpose
when you
don't know
what it is



NEUROTYPICAL VS ADHD







CHRIST
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PUNE LAVASA CAMPUS
The Hub of Analytics

66

MENTAL HEALTH AWARENESS

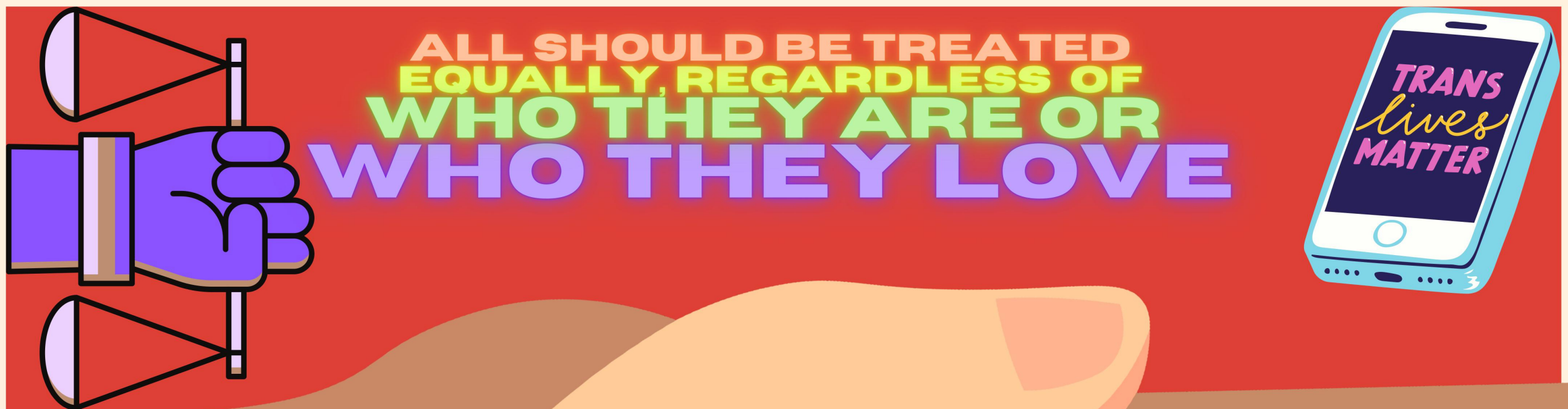
"Not a illness but an issue to solve"



**STOP THE STIGMA. SUPPORT
MENTAL HEALTH AWARENESS.**

Healing takes time and asking for help is a
courageous step.

YOU CAN'T HAVE UNITY WITHOUT
DIVERSITY



NOT ALL STORMS COME TO DISRUPT YOUR LIFE,
SOME COME TO CLEAR THE PATH
AND
THE WAY YOU SPEAK TO YOURSELF MATTERS



DEEPAK RAJ T
2150312 - SLCU

MENTAL WELL-BEING

“A healthy mind is a greatest treasure to have”

Don't hold grudges



If you find yourself remembering any past wrong that someone did, you must immediately stop thinking about it and think of a new pleasant thought.

Avoid being, thinking and talking negatively

Positive thinking will let you do everything better than negative thinking will.



Be kind to your enemy

Rather than taking revenge with your enemy be kind with them which brings peace and creates positivity in your well-being.



PRESENTED BY :

B.S.UDAY KIRAN

1 BA LLB

(21113017)

SCHOOL OF LAW

CHRIST(DEEMED TO BE UNIVERSITY),

PUNE-LAVASA CAMPUS



< 24 October, 2021

14:00



- Awareness
- Making it more accessible
- Guiding towards practitioners that take pro bono
- Including mental health treatment in Labour Laws

Saying that Mental health is a necessity, not a luxury, comes from a privileged stance.

Same world,

different dimensions

Lack of safety, security and livelihood

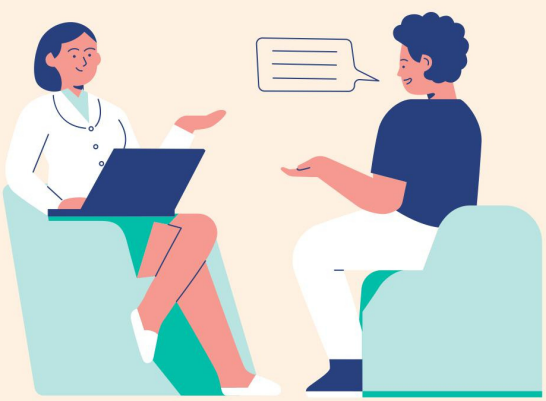
Unaccessibility

Unfulfilled physiological needs

Unemployment

Stigma

Childhood trauma and abuse



MENTAL HEALTH IN AN UNEQUAL WORLD

- 7.5 percent of the Indian population suffers from some form of mental disorder
- The treatment gap is over 70 per cent



- About one-quarter of U.S. adults report having a mental health diagnosis such as anxiety or depression or experiencing emotional distress.
- 44.8% of U.S. adults with mental illness received treatment in 2019



Pressure of masculinity.



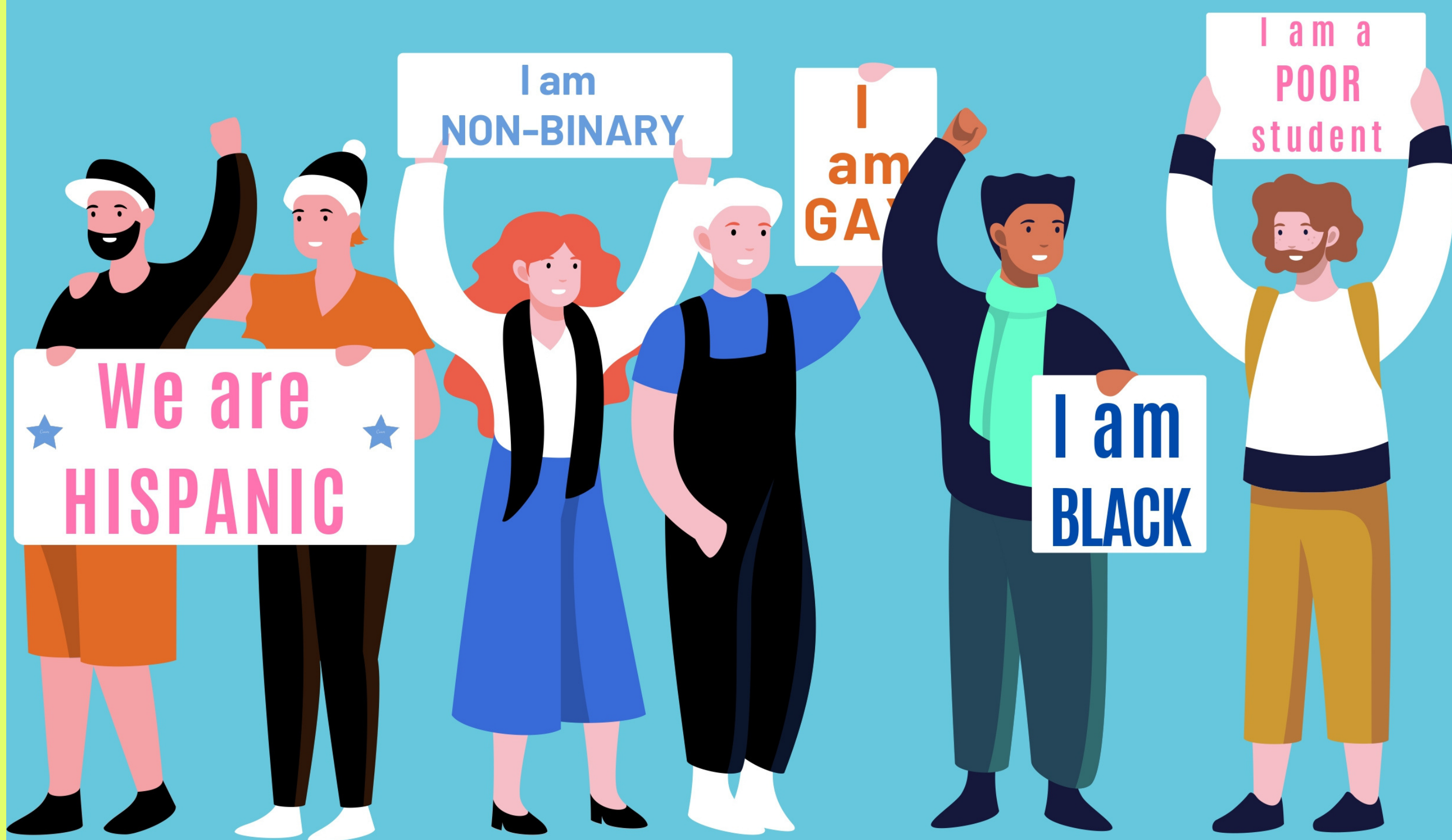
**"If you want to conquer the
anxiety of life, live in the
moment, live in the breath."
– Amit Ray**

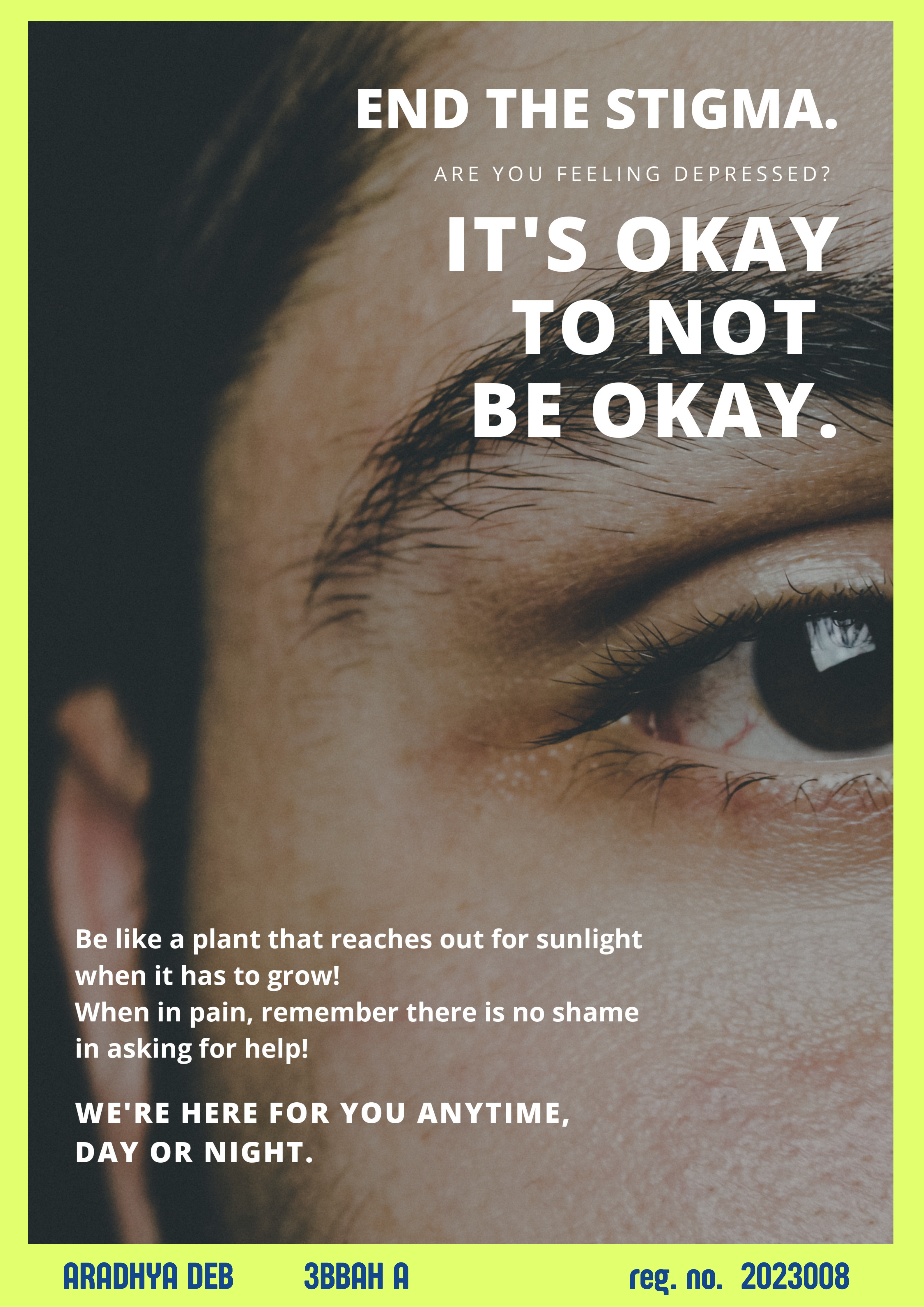
CONFIDENCE
MINDFUL
HAPPY
PEACE
DEPRESSION
ANXIETY
FEAR
OVER THINKING
GUILT
STRESS
ISOLATION
CALM

@reallygreatsite

WE ALL DESERVE EQUAL MENTAL HEALTH SERVICES

'CAUSE WE ALL HAVE A BRAIN.





END THE STIGMA.

ARE YOU FEELING DEPRESSED?

**IT'S OKAY
TO NOT
BE OKAY.**

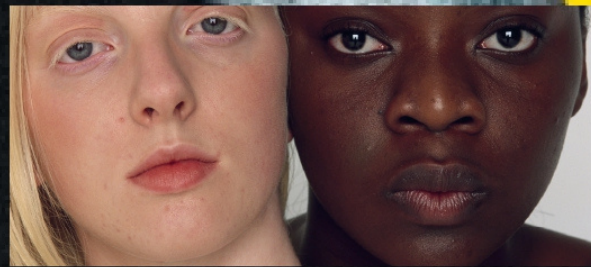
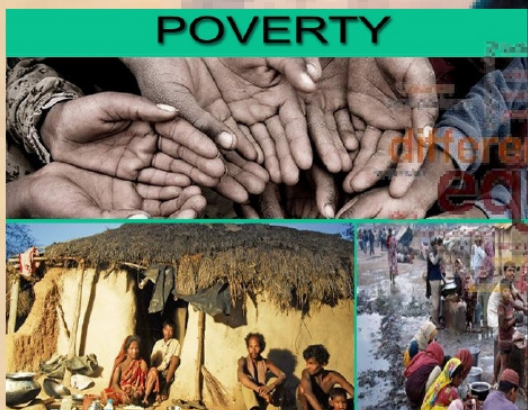
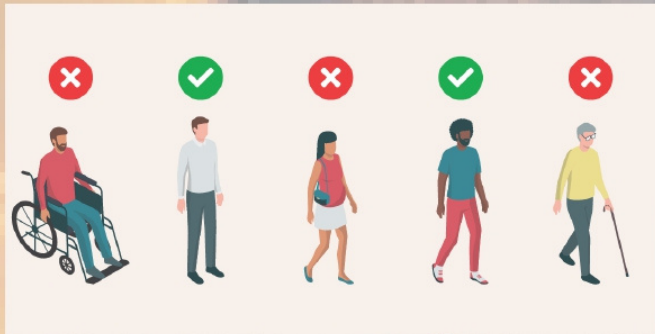
Be like a plant that reaches out for sunlight
when it has to grow!

When in pain, remember there is no shame
in asking for help!

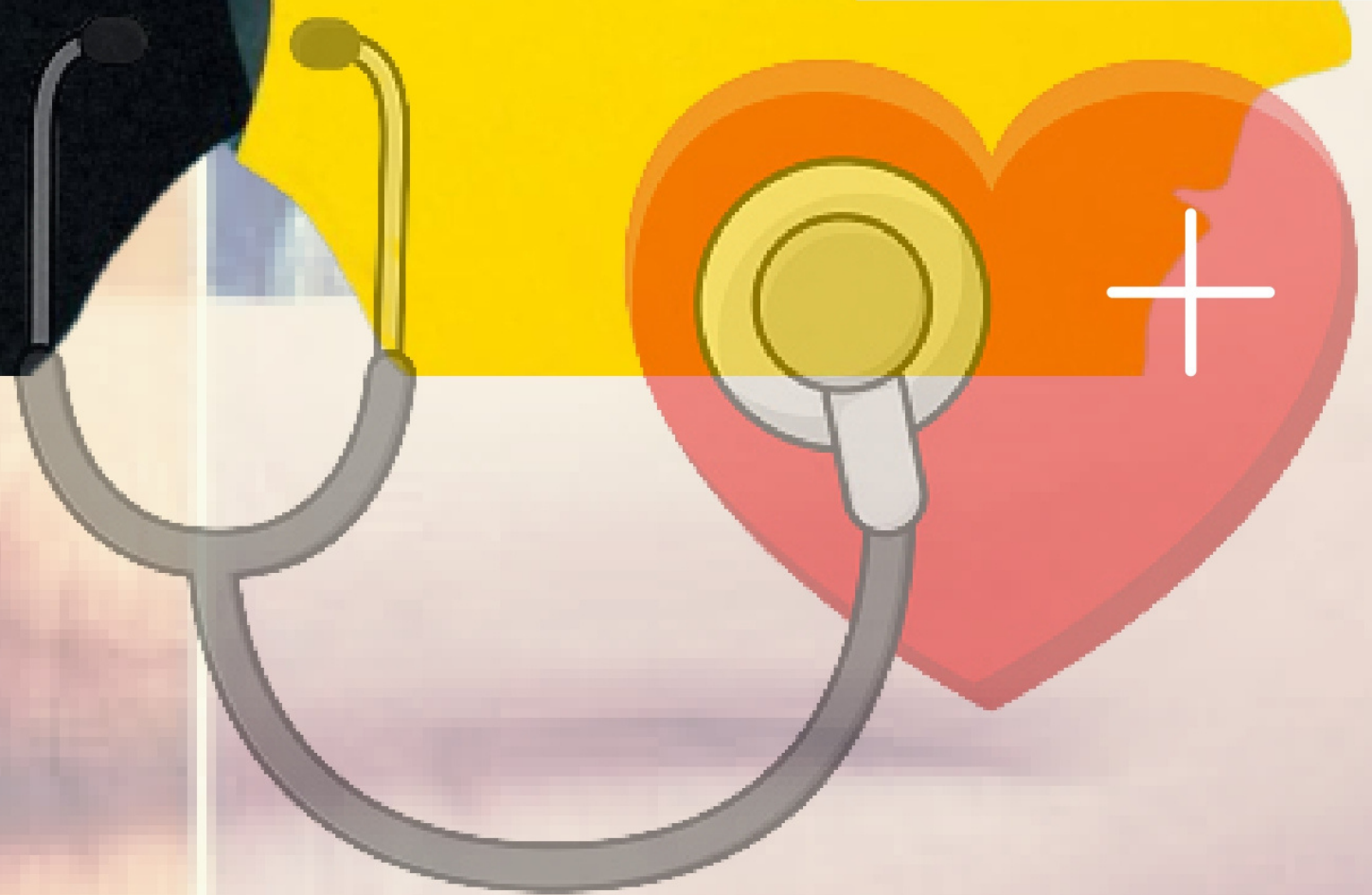
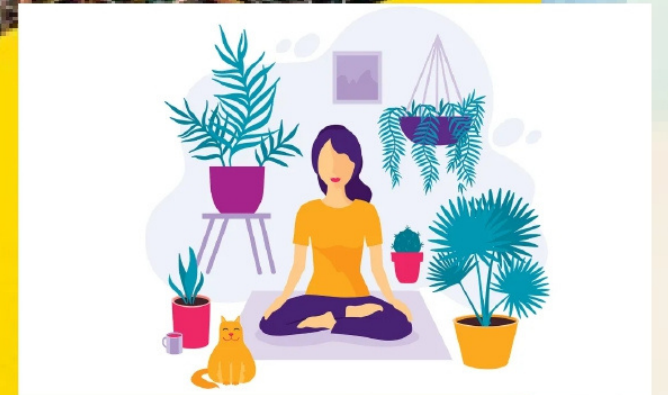
**WE'RE HERE FOR YOU ANYTIME,
DAY OR NIGHT.**

MENTAL HEALTH IN AN UNEQUAL WORLD

INEQUALITY IN WORLD



EQUALITY IN WORLD



**"ONCE YOUR MINDSET CHANGES,
EVERYTHING ON THE OUTSIDE WILL CHANGE
ALONG WITH IT "**

Aditi Garg
BCA(20218405)

BABY BLUES

more than 10 million cases in India

POSTNATAL DEPRESSION

**unfit to
be a
mother**

SOCIETY

**it's just a
phase**

sleep disturbance

irratibility

**memory
difficulties**

**appetite
disturbance**

**fear of
social
contact**

self harm

hyperactivity





Empathy

**BREAKING
THE
SILENCE**

**Peer
Support**

**POSITIVE
VIBES
ONLY**



**ANXIETY
BE
GONE**

Balance

**STIGMA
FREE
ZONE**

Acumen



UNBOX THOUGHTS | FREE SPIRITS | YOU MATTER
WINNING MIND BATTLES TOGETHER



**BREAKING THE SILENCE
GETTING OVER IT**

VARNIKHA SHEKAR

1J0UH

reg. no. 2133071

WINNERS MINDSHIFT-2021



**AYUSH
SHORY**

3 BBA F
Register number:
2020605



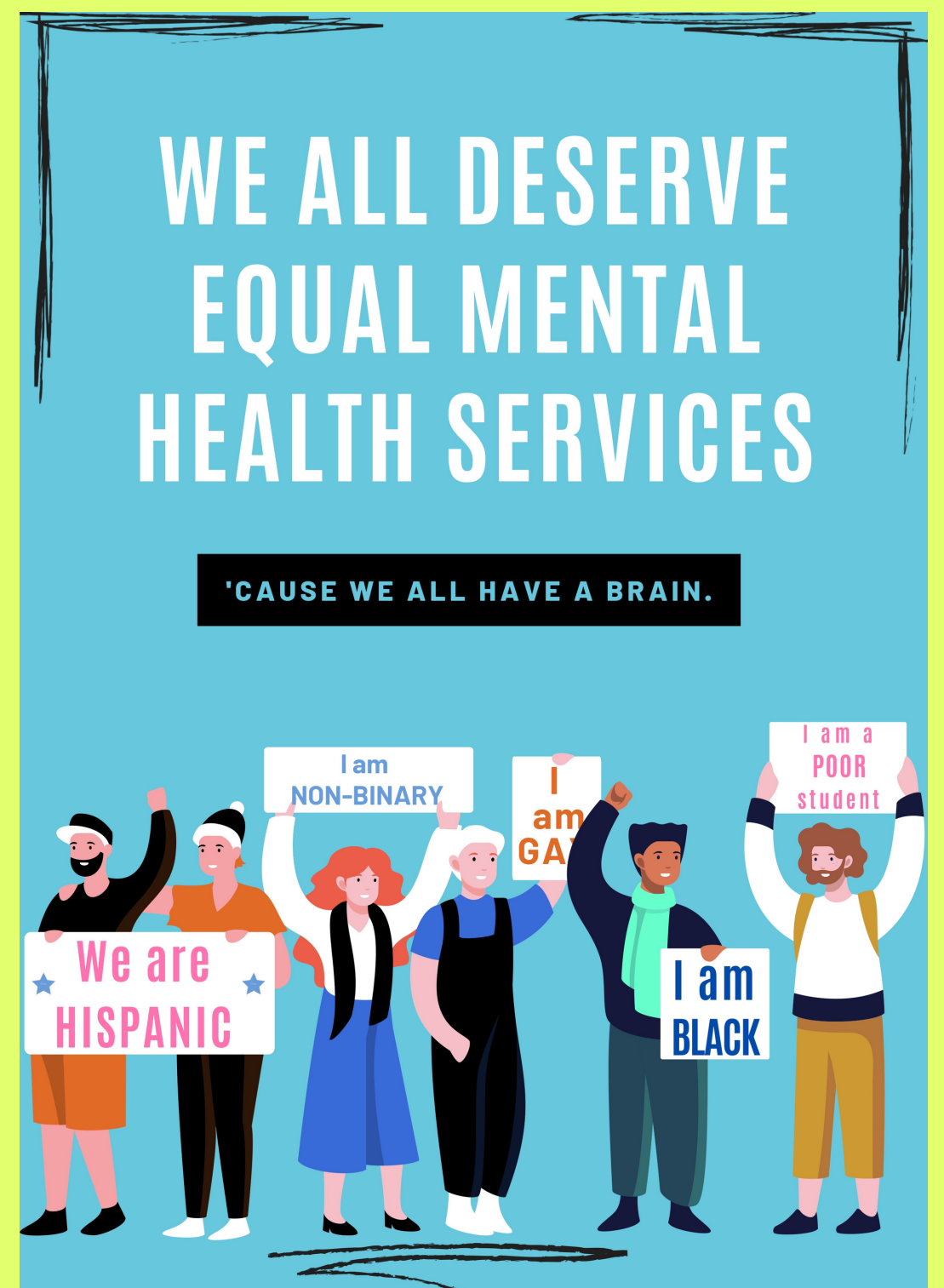
**BANDARU
PRANEETHA**

1 JP-Eng
Register number:
2131317



**AKSHAT
JAIN**

3 BCA - B
Register number:
2041103



Congratulations to every single participant for championing the cause of Mental Health for All