

When to seek help?

When you find the following signs in yourself or in a loved one

- ◆ Sleep or appetite changes
- ◆ Decline in personal care
- ◆ Rapid mood changes
- ◆ Feeling of disconnection from oneself or surroundings
- ◆ Withdrawal from normal activities and unusual drop in daily functioning
- ◆ Problem in concentration, memory, logical thought or speech
- ◆ Loss of initiative or desire to participate in any activity
- ◆ Illogical thinking or exaggerated beliefs
- ◆ Fear or suspicion of others
- ◆ Unusual, odd or uncharacteristic behaviour

How the helpline operates?

- ◆ Dial toll-free number 1800-599-0019 from any mobile or land-line of any telecom network from any part of India
- ◆ After welcome message, select language by pressing correct button
- ◆ After the language selection, select State/UT
- ◆ You will get connected to the Helpline Centre of native or desired state. Mental health expert will help to resolve the issue or refer/connect to external help (Clinical Psychologist/Rehabilitation Psychologists/Psychiatrist)

Languages covered: Hindi &

Assamese	Tamil	Marathi	Odia
Telugu	Malayalam	Gujarati	Punjabi
Kannada	Bengali	Urdu	English

Points to remember-

Mental Health Problems/Illnesses are:

- ◆ **Preventable** by adopting healthy lifestyle and identifying early signs
- ◆ **Mostly Treatable** like other illnesses
- ◆ **Manageable** with psychotherapy, medicines and family support.
- ◆ **Help is available:** Professionals/ Institutions are available to help
- ◆ **Rehabilitation is possible:** Centres are available to help in Rehabilitation and Inclusion
- ◆ **Need not be institutionalized:** Mostly can be treated at home with professional support
- ◆ **Family, community, and schools can support inclusion:** It is every citizen's right to participate equally with dignity in society.
- ◆ **They can get/retain employment:** With proper medication and psychotherapy, they can get and retain job.

Tips for Mental Health and Well-being:

- ◆ Sleep well - Get at least eight hours of sleep a day.
- ◆ Eat well –Your brain needs nutrients to stay healthy.
- ◆ Keep active – Exercise keeps the brain and body healthy, and helps improve mood.
- ◆ Socialize- Interact with others and invest time in people you care. Talking/ conversation can solve most of the problems.
- ◆ Hobby- Pick up a new skill or hobby or do things you're good at– Enjoying yourself can help beat stress.
- ◆ Care for others or do something for others– Caring for others is what brings relationships closer.
- ◆ Avoid alcohol, cigarettes and drugs. They are not the solutions to problems, they can harm the brain and lead to mental health problems.
- ◆ Laughter is the best medicine, laugh often.
- ◆ Talk about your feelings – Telling somebody that you are sad really helps.
- ◆ Stay in touch– Get help/advice– Seeking help is not a sign of weakness, it is a way of staying strong.
- ◆ Take time for yourself. Just try something new.
- ◆ Self-acceptance – Feel good about yourself, boost your confidence, and be proud of yourself.

“Suicide doesn't end the chances of life getting worse, it eliminates

the possibility of it ever getting any better”– Anonymous

“When you feel like giving up, just remember the reason why you held on for so long.” – Anonymous

“Never, never, never give up.” Winston Churchill



Mental Health Rehabilitation Helpline

Department of Empowerment of Persons With Disabilities (Divyangjan)
Ministry of Social Justice & Empowerment, Government of India,
Antodaya Bhawan, 5th Floor, CGO Complex,
Lodhi Road, New Delhi - 110003
www.disabilityaffairs.gov.in



Department of Empowerment of Persons
with Disabilities (Divyangjan)
Ministry of Social Justice & Empowerment
Government of India



Mental Health Rehabilitation Helpline



24x7
Toll-free
1800 599 0019

Co-ordinating Agencies:

National Institute for the Empowerment of Persons with Multiple Disabilities
(Divyangjan) Chennai (NIEPMD)
National Institute of Mental Health Rehabilitation (NIMHR)
Sehore, Madhya Pradesh



The Department of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice and Empowerment, Govt. of India, as part of its commitment to promote Mental Health and to rehabilitate Persons with Mental Illness has envisaged a 24 hours 7 days a week toll-free Mental Health Rehabilitation Helpline.

This toll-free helpline (1800-599-0019) will be implemented initially through its 25 Institutions spread across the Country. This helpline will be available in 13 languages initially.

Objectives of the Mental Health Rehabilitation Helpline:

- ◆ Early screening
- ◆ First aid
- ◆ Psychological support
- ◆ Distress management
- ◆ Mental well-being
- ◆ Preventing deviant behaviours
- ◆ Psychological crisis management
- ◆ Referral to mental health experts

What is Mental Wellness?

Mental wellness is more than the absence of mental illness; it includes:

- ◆ Positive state of mental health;
- ◆ Feeling happy;
- ◆ Ability to cope with the normal stressors of life;
- ◆ Working productively and fruitfully;
- ◆ Realising own achievements and abilities;
- ◆ Making contributions to the community;

What is Mental Illness?

Mental Illness can affect our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental illness can occur at any stage of life, from childhood to adulthood through adolescence.

What does this Helpline offer?

This helpline is dedicated to resolve mental health issues related to:

- ◆ Anxiety
- ◆ Obsessive Compulsive Disorder (OCD)
- ◆ Suicide
- ◆ Depression
- ◆ Panic Attack(s)
- ◆ Adjustment Disorders
- ◆ Post Traumatic Stress Disorders, and
- ◆ Substance abuse

This helpline will cater to:

- ◆ People in Distress
- ◆ Pandemic induced psychological issues
- ◆ Mental Health Emergency

Myths and Facts about Mental Health Issues:

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common.

- ◆ 1 in 5 adults experience a mental health issue
- ◆ 1 in 10 young people experience a period of major depression
- ◆ 1 in 25 live with a serious mental illness, such as schizophrenia, bipolar disorder, major depression
- ◆ India's annual suicide rate is 10.5 per 100,000, while for the world as a whole it is 11.6.

◆ Myth: Children don't experience mental health problems.

Fact: Even young children may show early signs of mental health concerns.

- ◆ Half of all mental health disorders show first signs before the age of 14.
 - ◆ Three quarters of mental health disorders begin before the age of 24.
- Less than 20% children and adolescents with diagnosable mental health problems receive treatment.*

Myth: People with mental health needs can't hold a job.

Fact: They can be just as productive as other employees.

When employees with mental health problems receive effective treatment, it can result in:

- ◆ Lower medical costs
- ◆ Increased productivity
- ◆ Lower absenteeism
- ◆ Decreased disability costs

Myth: There is no hope for people with mental health problems. They never recover.

Fact: People with mental health problems can get better and many recover completely.

Myth: I can't do anything for a person with a mental health problem.

Fact: Loved ones can make a big difference. Friends and family can help someone get the treatment and services by:

- ◆ Reaching out for help and letting them know you are available for help;

- ◆ Helping them access mental health services;
- ◆ Learning and sharing the facts about mental health;
- ◆ Treating them with respect;
- ◆ Refusing to define them by their diagnosis or using labels such as "crazy", "mad" etc.

Myth: Having mental illness means you are "crazy", "mad" etc.

Fact: You are human and susceptible to illness, the same as any other person.

Myth: People with mental illness are violent and dangerous.

Fact: Majority of people with mental health problems are not violent. The unfortunate truth is that they are more likely to be victims of violence.

Myth: People with bipolar disorder are moody.

Fact: Bipolar disorder does not cause mood swings. It causes cycles that last for weeks or months. These extreme highs and lows take turns; and do not change from moment to moment.

Myth: Post-Traumatic Stress Disorder (PTSD) is only a military man's disease.

Fact: Anyone can have PTSD. A rape or sexual assault victim, a domestic abuse victim, a survivor of a natural disaster, someone who has suffered a loss or even a person who witness someone having mental health problems.

Myth: Psychiatric medication is bad.

Fact: Not true: Just like any other medical condition, mental illness is an illness. For many with mental illness, medication is necessary, just like a diabetic taking insulin.

Myth: Seeking help for mental illness will lead to being defamed and make symptoms worse.

Fact: It's hard to come out to anyone about having mental illness, because they're misunderstood. People think that they are the way they are, because of nature, personality or attitude.

When you open up to someone, you are working to reduce stigma, increase awareness, empower yourself, grow as a person, and promote understanding of mental health.

Why seek Help?

Seeking help is a positive step, it enhances health, well-being and happiness. Seeking help, regardless of the problem being faced, is a sign of strength and courage.



Stress



Distress



Psychopathology