

Integrated Approach to Promoting Positive Mental Health, Resilience & Wellbeing in HEI's

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THE YOUTH WELL-BEING CULTURE... A Thought

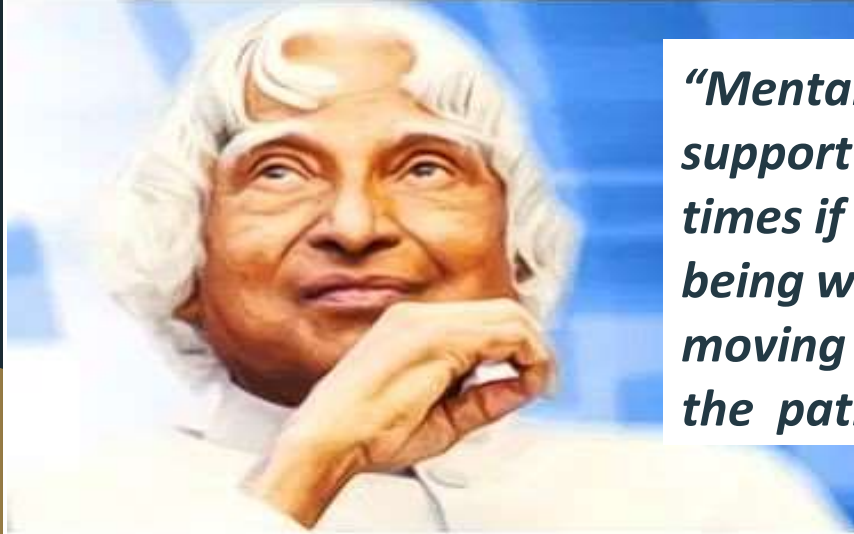
- ★ Youth is the most energetic and productive section of a society. A country's ability and potential for growth is determined by the size and strength of its youth population.
- ★ Developing countries with large youth population could see tremendous growth, provided they invest in young people's education, health and wellbeing.
- ★ Today's young generation is tomorrow's innovators, creators, builders and leaders.
- ★ Youth can be a positive force for development when provided with the knowledge and opportunities they need to thrive.

Life is a journey... not a race

India has the world's largest young people with 356 million- between 18-29 years.

- ★ **A Demographic Dividend**
- ★ **A Window of Opportunity**





“Mental strength is the most powerful source of support when we are going through difficult times if we delve into the deep depths of our being we can find the inner strength to keep moving towards our goal no matter how difficult the path may seem.”

www.abdulkalam.com

- Dr. APJ Abdul Kalam

Mental Health Decoded

- A state of mental well-being that enables people to cope with the stresses of life, to realize their abilities, to learn and work well and to contribute to their communities.
- Mental Health is an integral component of health and well-being and is more than the absence of mental disorder.

(WHO Report, 2022)

Challenges Ahead...

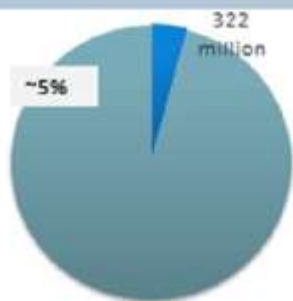
- ❖ Mental health is crucial in this age group because most mental and substance use disorders (MSUDs) begin during adolescence or young adulthood.
- ❖ The current prevalence of mental disorders among 18-29-year-olds is 7.39%, with a lifetime prevalence of 9.54% (NMHS 2016).
- ❖ Around half of all mental illnesses begin by age 14, and three-quarters emerge by mid-20s, emphasizing the importance of early detection, intervention and restoration.
- ❖ Mental Health Disorders prevalence (excluding substance use disorders) among 13-17-year-olds is reported at 7.3%-14%.
- ❖ Young people experience a high rate of self-harm, with suicide being a leading concern for mortality.

The Global Mental Health Scenario-Emerging Crisis ?

- 970 million people worldwide living with a diagnosable mental health condition.
- Approximately 18% of the global burden of depressive disorders and 15% of the global burden of anxiety disorders were contributed by India.

Global Statistics

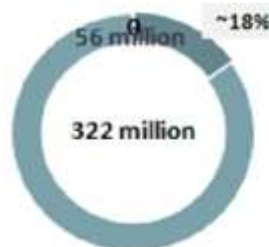
Global Prevalence of Depressive disorders



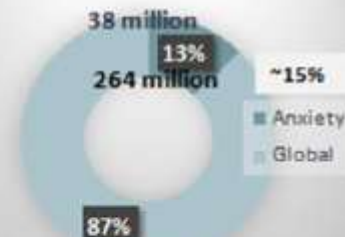
■ Depressive Disorders ■ World Population

Prevalence of Mental Health Disorders in India

Burden of Depressive Disorders



Burden of Anxiety Disorders

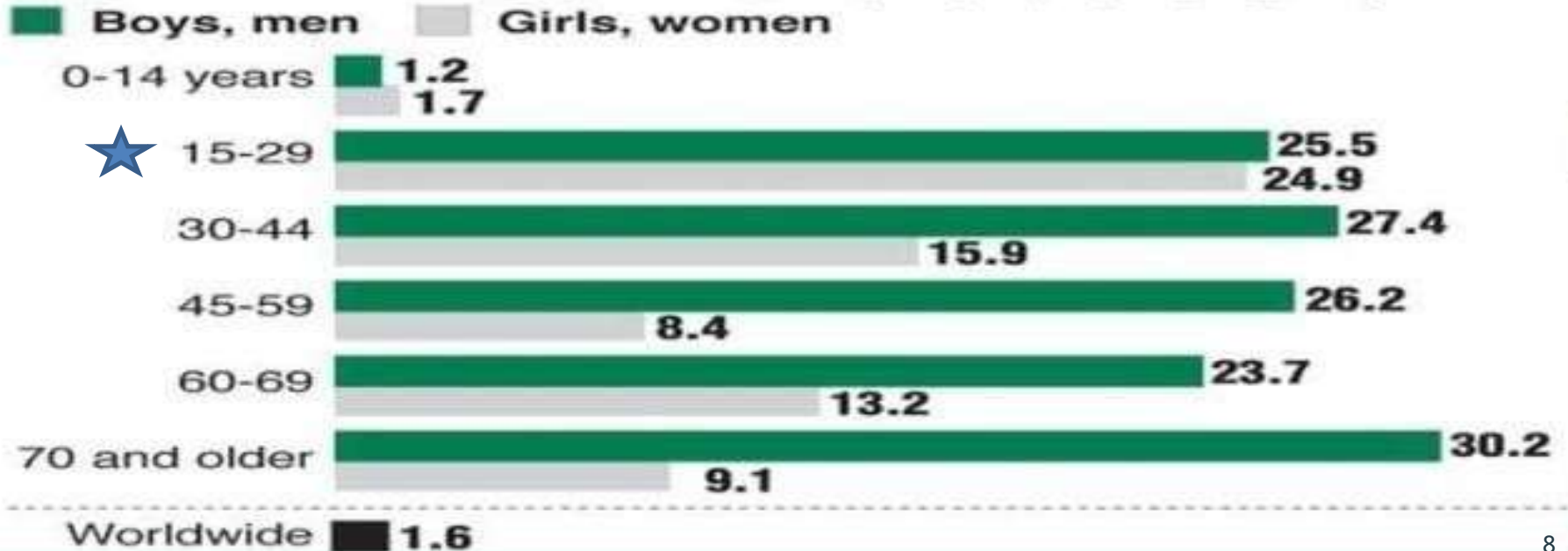


Mental health conditions account for 16% of the global burden of disease and injury among adolescents. Half of all mental health conditions start by 14 years of age

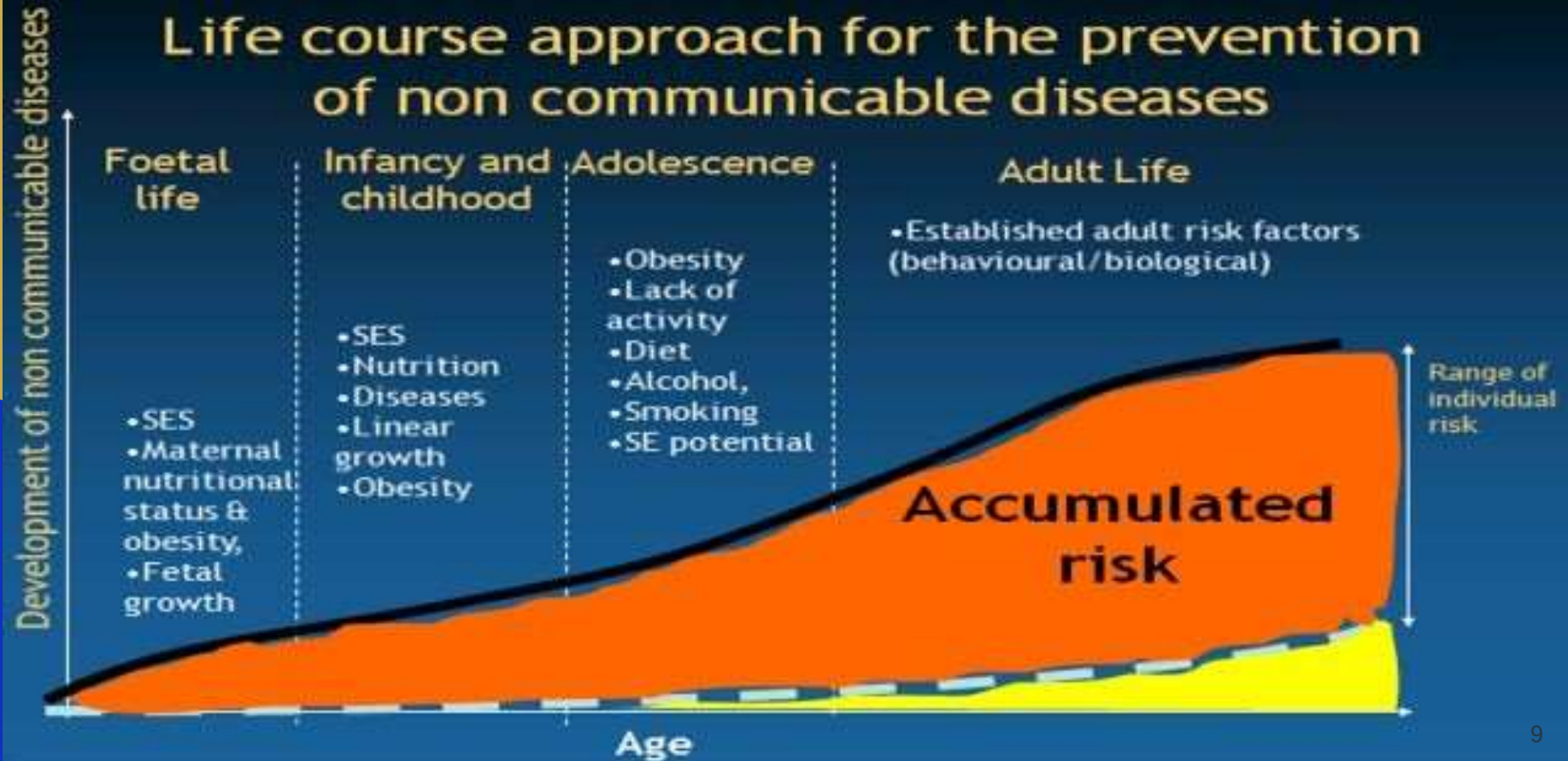
Time to introspect... A stitch in time

Suicide is a leading cause of death among young people in India, a nation whose suicide rates are among the world's highest.

Suicide rates in India per 100,000 people, by age group



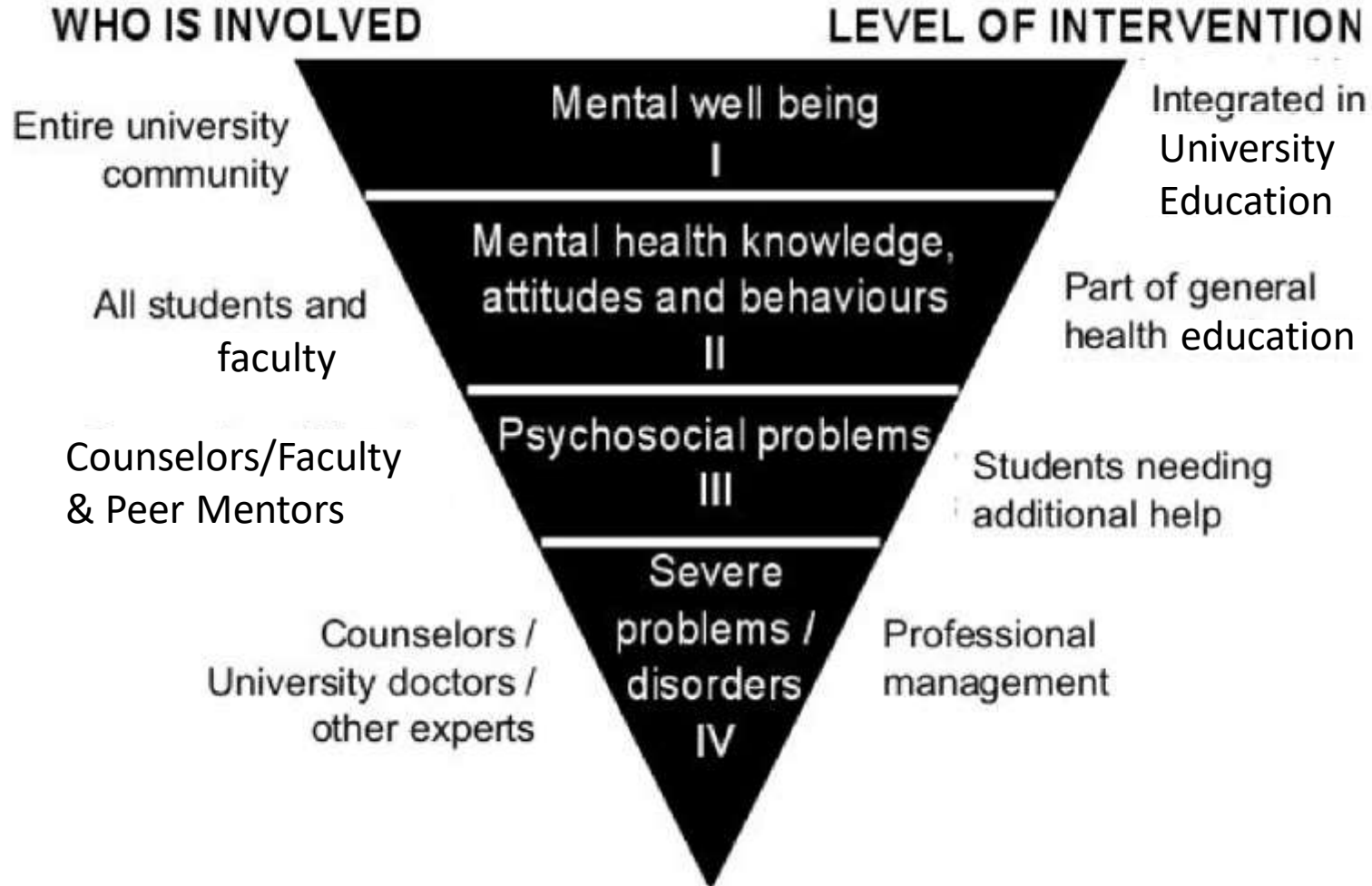
Life course approach for the prevention of non communicable diseases



The Interplay Of Resilient Factors



A Ecosystem / Framework For Mental Health & Wellbeing in Universities



Diverse Program by University Well-Being Centers (F.O.C.U.S)

- **F:** Wellbeing programs for faculty and students
(Well-F)
- **O:** Wellbeing Olympiads for students
(Well O)
- **C:** Wellbeing club and their biannual conclave/conferences
(Well C)
- **U:** Wellbeing innovative/creative ideas from you (students)
(Well U)
- **S:** Wellbeing social events with friends and families
(Well S)

Summarizing... Tasks Ahead for Enriching the Well-Being Climate

- ★ Effective Planning & Mobilising Resources
- ★ Develop core Life Skills & 21st century skills
- ★ Promote Social Connectedness
- ★ Provide Mental Health Advocacy & Awareness Services
- ★ Identify Students at Risk/Flag Signs
- ★ Promote Help Seeking Behaviour
- ★ Provide Substance Use Prevention Services
- ★ Innovate Well-Being Olympiads/Exhibitions

Positive Mental Health Wellbeing in HEI's

A Road Map Ahead



Implementation Plan for HEI's

A. Capacity Building on Promoting Positive Mental Health, Resilience & Well-being

- Youth Mental Health , Resilience & Wellbeing - A Life Span Perspective
- Early Identification & Intervention in Common Mental Health Concerns
- Establishing Scalable Practices for Enriching Well Being Climate - Multi Stakeholder Roles
- Developing Centres of Excellence / Exemplars

- ★ **Session Mode**-3 hours online session
- ★ **Frequency of Session**- 2 online sessions every month.
- ★ **Eligible Institutions** -Centrally Funded Institutions under Department of Higher Education.
- ★ **Nomination**- 10 faculty members from 10 identified CFIs to be nominated for each session.
- ★ **Follow Up Session**- This will be organized for same set of participants of previous session, for any clarifications on matters pertaining to the progress w.r.t the mental health and well-being support system, sharing of action plans by various Institutions.

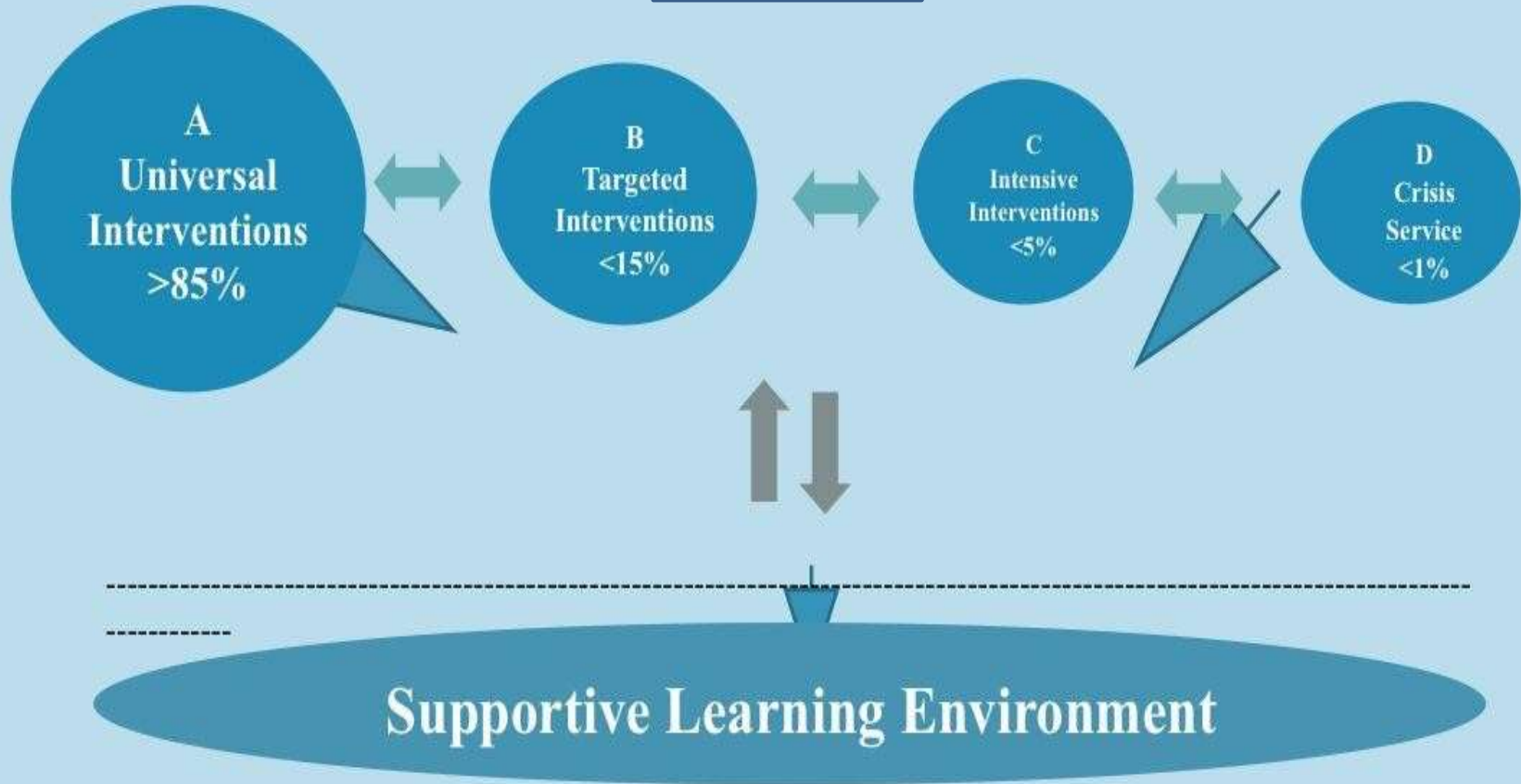
B. In-person Capacity Building on Mental Health and Well-Being for Early Identification and Intervention

- ★ Faculty members have a crucial role in promoting positive mental health, resilience & well-being of students in HEI.
- ★ One / half day sessions on Mental Health and Well-being for **'Early Identification and Intervention'** will be included in the in-person Capacity Building Programme by 116 MMTTCS.
- ★ Monitoring, progress and regulating the Capacity Building of Peer mentors & Faculty Support.

C. Exemplar Visit to Centre of Excellence (COE) for Mental Health and Wellbeing

- ★ In this regard, '**Exemplar Visits**' by designated team will be scheduled for the purpose of learning best practices adopted by them in addressing mental health and wellbeing of the students for other HEIs to learn from these institutions and adopt such practices.
- ★ The objective of the visit will be to consolidate such **best practices** for wider dissemination and replication in other educational institutions.
- ★ A team comprising officials of MoE, faculty members of HEIs and Senior Resource Persons from Expressions India, will carry out visit to the identified Model Institutions for '**Promotion & Sustainable Support of Mental Health and Wellbeing**' engage in consolidation of best practices for dissemination and replication to other HEIs.

RECAP



She doesn't know it's a statue and doesn't even know how much it weighs!
She only saw a person who needed help...
Look at the world with the heart of a child
and life will become more beautiful every
single time.



**There are two places you
need to go to often.**

- 1. The place that heals you.**
- 2. The place that inspires you.**

Unknown



Thank You