

Mental Health Matters

1 in 4 people
experience anxiety
and depression at
some points in their
lives.

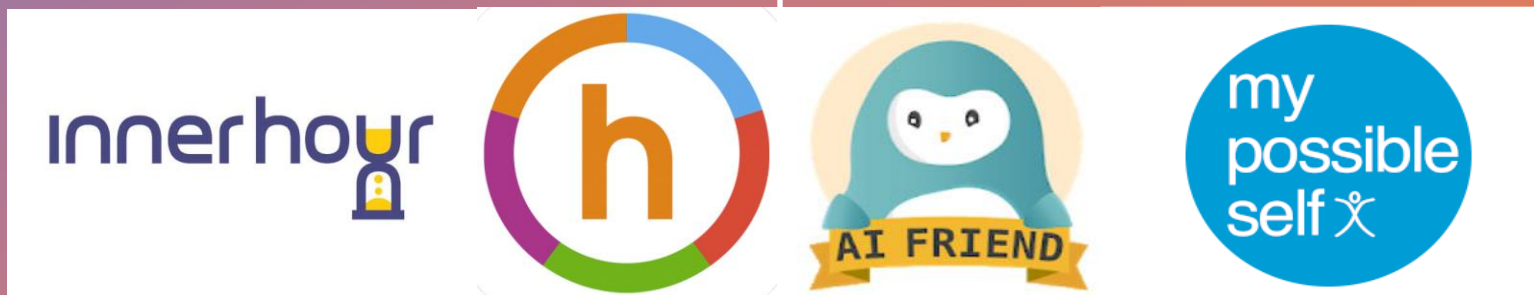




Current apps

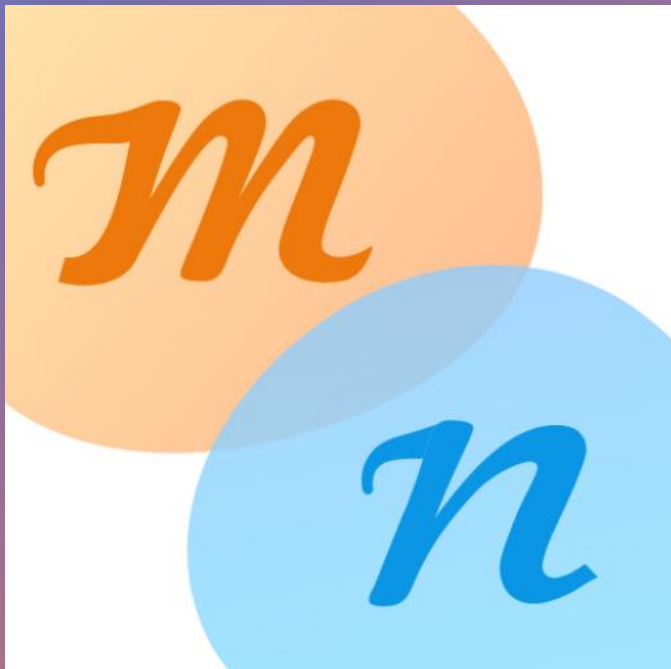
Self help strategies⁺ •
Automated therapy

Therapy Awareness
Education



mindnotes

from NIMHANS



Self Help Modules

MH Education via
Barrier

Virtual Therapy
platform



Presenting common barriers to seeking professional help.

Breaking Barriers

Here are a few reasons why people hesitate to seek professional help. Please select all those reasons for not seeking help which are true for you.

Don't think I need professional help

It's just a passing phase

Prefer help from family or friends

Counselling will mean I'm weak

Social consequences

Afraid how it affects my job or family


Fear of negative labels

No one will support me to seek help

How to ask for support

Others don't think it's a problem

Prefer help from family/friends
Don't think I need professional help

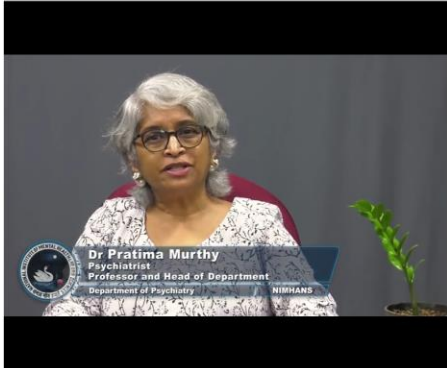


Yes, family and friends are important parts of our support system. Their support can go a long way in maintaining our wellbeing. But sometimes it may not be enough.

For instance, when you are down with the flu, being cared for by family might not always/

Barrier Expert Video


Watch the video to hear from someone who has experienced seeking help from a mental health professional.



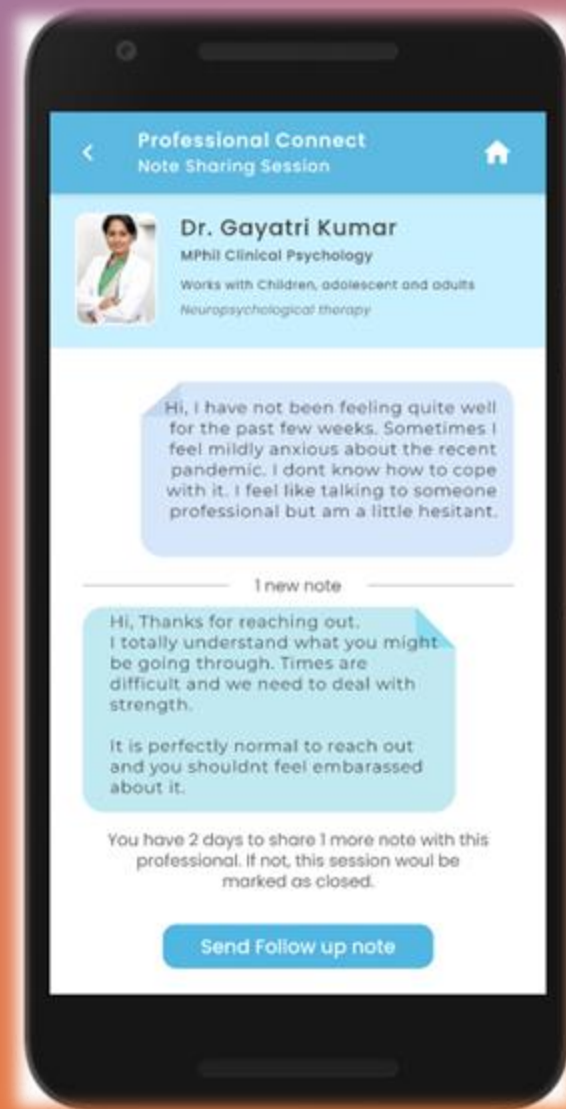
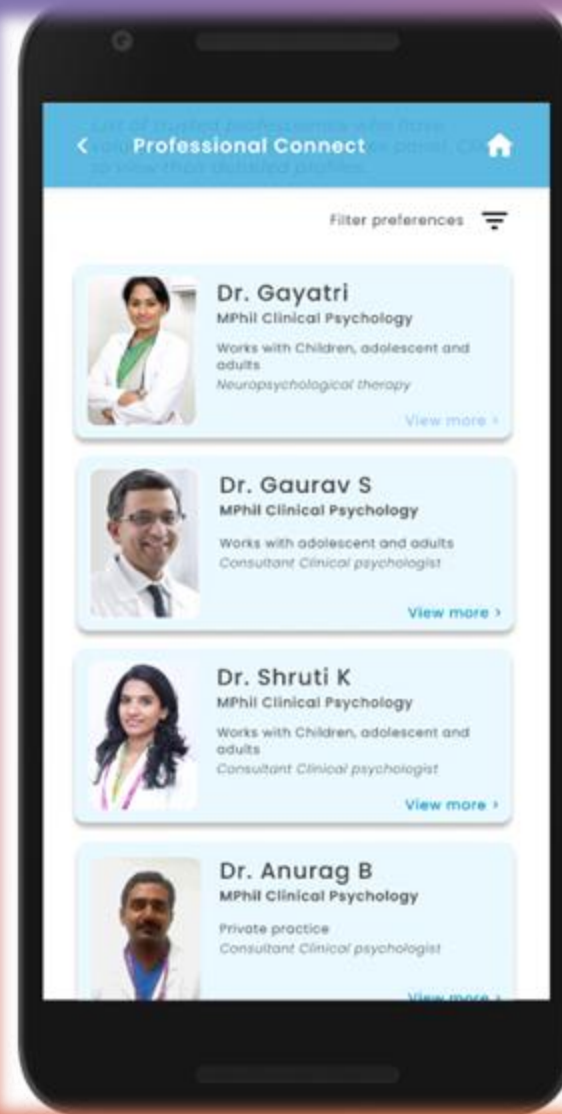
Dr. Pratima Murthy
Psychiatrist
Professor and Head of Department
Department of Psychiatry
NIMHANS

Prefer help from family/friends
Don't think I need professional help

Someone with similar views on mental health reflected on it like this.



Connecting to Therapists made easy



Professional Connect

Broadly
divided into

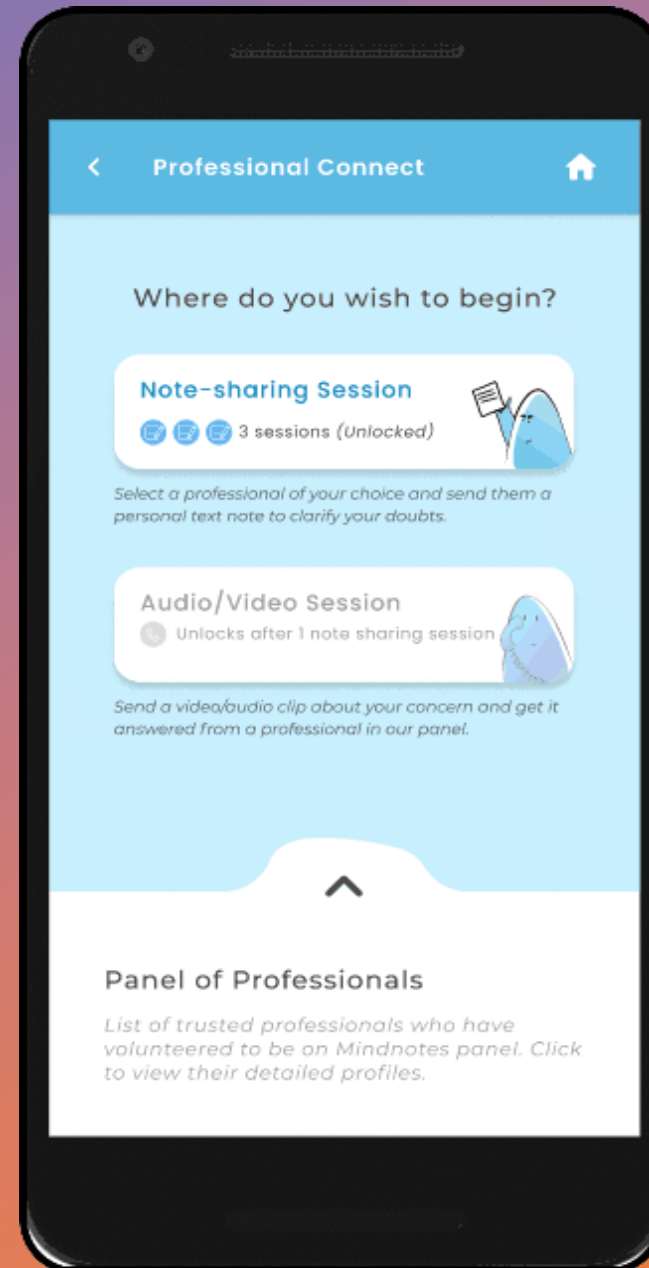
Therapist Side

Patient/User Side

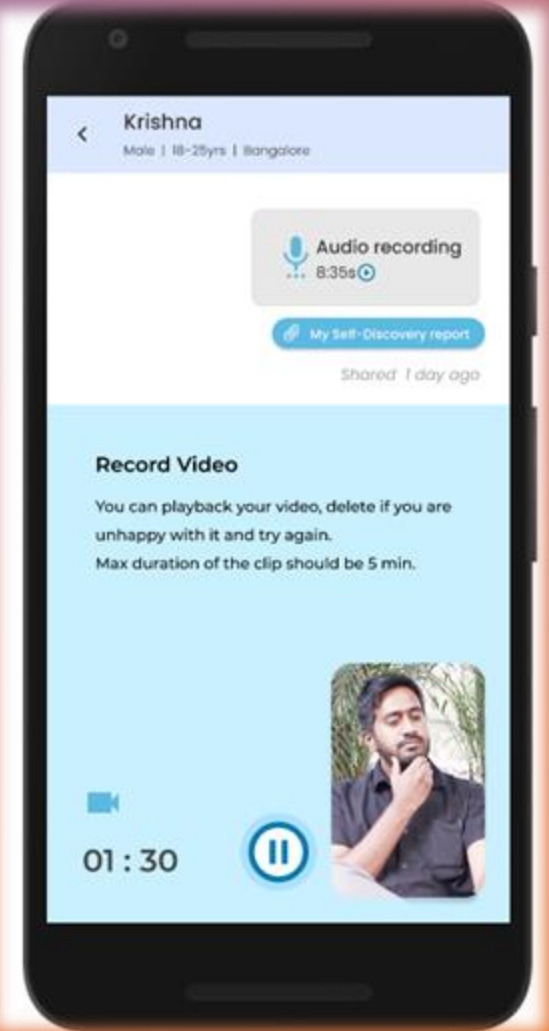
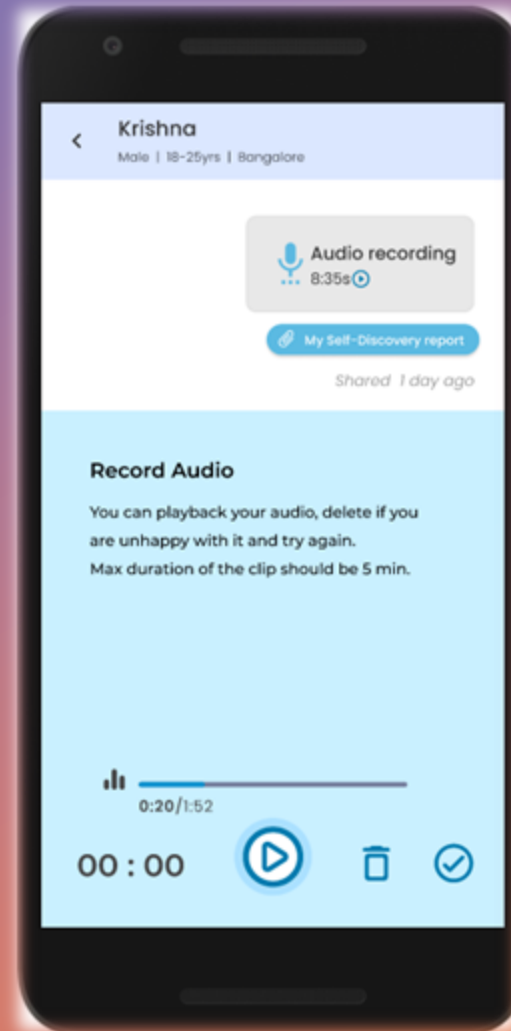
Message interface includes

- Note Sharing
- Audio/Video Sharing

Note Sharing Patient



Therapists and Patients can also share audio/video



mindnotes

from NIMHANS

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For more information, visit

mindnoteshome.azureedge.net

Pre-registration @

