

MENTAL HEALTH WEEK-2016

Department of Psychiatry
Jagjivanram Western Railways Hospital
Mumbai

Dignity in Mental Health
Psychological and Mental Health First Aid for All



MENTAL HEALTH WEEK 2016

One in four adults will experience mental health difficulties at one time or the other but many will receive little or no help when they present in an emergency. This is the reason; the theme for World Mental Health Day 2016 is **'Psychological and Mental Health First Aid.'**

Each year, the staff in the **Department of Psychiatry** at Jagjivanram Western Railways hospital, Mumbai Central, celebrates the World Federation for Mental Health's theme of the year. To help make dignity in mental health a reality, together we can ensure that mental health problems are better understood, and importantly, are absolutely nothing to be ashamed of.

The Department of Psychiatry organized the mental health week from **4th October 2016 to 10th October 2016** for increasing awareness in the general public regarding mental disorders and for the promotion of positive mental health.

5th October 2016

The inaugural function was held on 5th October 2015.



Figure 1 : Awareness poster welcoming all the patients visiting the hospital

6th October 2016

Poster exhibition:

The cultural activities included Poster presentation on various themes such as “Psychological First Aid for All”, “Overcoming Stigma about mental illness”, “Awareness regarding mental illness”, “No health without mental health” and also on the theme “Dignity in mental health: creating awareness”.



Figure 2 : Poster exhibition for the public

Group therapy for Schizophrenia



Dr J.P. Rawat answering to questions asked by participants

Schizophrenia is one of the most common serious mental health conditions. It will affect around one in every hundred people in their lifetime. The caregivers of the patients suffering from Schizophrenia were called for a group therapy session.

Dr. J.P. Rawat helped the caregivers share their experiences and their understanding of the disorder. Important areas like the etiology, the adherence to treatment, non-compliance, the role of family, social skills training were explained. The caregivers were taught how to best help and support their loved ones with schizophrenia. Various healthy coping strategies were taught to them.

7th October 2016

Alcoholics Anonymous and other Substances group therapy

The public was psycho-educated regarding medical, social, occupational adverse consequences of alcohol and other substance abuse. Those affected were motivated for de-addiction. In response, few people enquired about various modalities for de-addiction. They were also informed about the range of services available in this regard at Jagjivanram Hospital. The members of the Alcoholic Anonymous group also shared their views.

Dr. Vikram Wankhade and Dr. Kalyani Kulkarni, the resident doctors in the department of psychiatry shared the clinical information about to the medical aspects and available treatments for de-addiction to the patients and their family members.

8th October 2016

Presentation for medical health care professionals

For spreading awareness about the mental illnesses and effective implementation of psychological first aid, it is utmost important to spread the word amongst all health care professionals. Comprehensive medical care with the participation of all medical specialties is needed for achievement and maintenance of complete positive mental health.

Dr. Pragya Sharma, House officer in department of psychiatry, given an interactive presentation to the medical health care professionals, including doctors, nursing staff and paramedical workers to spread the awareness about psychological first aid.



Dr Pragya Sharma presenting information on Psychological first aid to medical professionals.

10th October 2016



Interactive session by Dr. Charles Pinto, Dr. J.P. Rawat and Dr. Pragya Sharma helped people to understand PFA better

The 10th of October 2016, Monday, was celebrated as the **World Mental Health Day**. **Dr. Charles Pinto**, the honorary consultant in the department of psychiatry, JRH presided over the session. He talked in interactive sessions involving patients and relatives about the various psychiatric disorders ranging from psychoses, neurosis, substance disorders, dementia, child psychiatry and suicide. He gave an expansive overview to the audience about the implementation of psychological first aid. He encouraged people to come out and help people in need for mental health first aid as well as medical care. It was followed by talks by **Dr. J. P. Rawat**, the head of the department of Psychiatry at JRH and the resident doctors from the department. Dr. Rawat stressed upon the need for de-stigmatization of the mental illnesses. He explained in details to the audience about the importance of psychological and mental health first aid. The audience actively participated in an interactive sessions keeping up the hope for positive mental health.