

ABOUT

Organised by
Positive Psychology Unit,
Dept. of Clinical
Psychology, NIMHANS,
Bangalore as part of the
campaign:

Let's talk about mental
health-It matters!

WHAT YOU NEED TO DO?

Team up and conduct a mental health awareness and Suicide Prevention campaign in your campus. This should be a group entry consisting of total of ten members from a given institute/campus who form a team. Only one entry per institute is allowed.

Talk to your faculty/head of the institute for sending an entry from your institute. There should be at least one faculty coordinator from your campus.

LET'S TALK ABOUT
MENTAL HEALTH
IT MATTERS!

WHAT IS THIS?

Suicide
Prevention
Campus
Campaign
Competition

ENGAGE TO CHANGE

NIMHANS, BANGALOR

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- The awareness campaign needs to be conducted in your campus and should reach out to a maximum possible number of students and staff.
- The exact nature of activities can be decided by the team based on considering the potential for positive change/impact.
- Multiple activities can be planned and conducted during the period from last week of August 2017 till the 9th of September 2017.

Activities which are not merely lecture-based and which engage youth actively (e.g. conducting a slogan writing /debate competition, using a street play, group exercises etc.) are considered ideal.

The campaign should serve one or more of the following purposes

1. increasing awareness that mental health is as important as physical health
2. Reducing stigma about mental illness
3. Spreading the message that seeking help for mental health is a sign of strength and not weakness
4. Spreading the message that we should treat each other with respect and support each other emotionally.

Your team needs to send us a report of this campaign which will be treated as your team entry to the competition.

The report will be evaluated by a panel of experts.

The details of the activities conducted (Nature, purpose served, number of participants/audience, photographs, brief feedback forms made and collected from at least 30 members of the audience, immediate impact and potential for long term impact etc.) should be mentioned in the report sent by the team and attested by the head of the institute.

If you are planning to send your entry for this event:

You must email and let us know the names of your team members, by 20th of August 2017.

This mail should be copied to your head of the institute, for our records.

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- The entire report of the event (campaign) conducted should be emailed so as to reach by 15th of September 2017. The report should be countersigned by the head of the institute/HOD.

Time frame for conducting the campaign in your campus:

- Last week of August 2017 till the 9th of September 2017.

The entries not meeting the guidelines can be rejected.

The entries received after the deadlines cannot be included for the competitions.

The expert panel/judges' decision will be final.

Your entry:

The cover letter in your mail must mention names of the participants: name of the event, name of institute, name of ten members and assisting faculty, complete postal address for correspondence

Your report:

You can send the report as an attachment to email but please ensure that it includes a cover letter/endorsement from your head of the institute/department that is signed and sent as a scanned document with the report. The email entries must mention in the subject line: 'Suicide Prevention Campus campaign Entry' or 'Suicide Prevention Campus Campaign Report'

Five best entries/winning teams will be announced during the two-day Youth-Pro Action Lab (YPAL) Conference conducted at NIMHANS on 6th-7th, October, 2017.

Also, all the ten members of all the participating teams will be sent e-certificates over mail, along with a letter of appreciation for the institute in supporting this campaign.

Address to send the entry & report of the program:
positivepsychology.nimhans@gmail.com

Important dates

Send team member names: by 20th August

Conduct the campaign: Between August last week to 9th September 2017

Send report: by 15th September 2017