World Mental Health Day 2020

The World Health Organization recognizes World Mental Health Day on 10 October every year. The theme set by the World Federation for Mental Health for the year 2020 was 'mental health for all'.

The World Mental Health Day Awareness programs initiated by CCHS brought the Chrisitites together to make mental health a university-wide priority and create a change to the future of student mental health. An Awareness poster was circulated across campuses on 10 October 2020.

The Webinars held to inspire conversations, take action and create change among the student community were:

1. **Gate Keepers Training on Suicide Prevention** held on 19 October 2020, by Dr. Padmavathy D, Department of Psychiatric Nursing, NIMHANS

2. **Screen Fatigue and Mental Health** on 23 October 2020, by Dr. Manoj Kumar Sharma, Clinical Psychiatrist from NIMHANS

3. **Managing Stress and Looking After Ourselves During Pandemic** , on 4 November 2020, by Dr. Sunita Simon Kurpad, Psychiatrist, St John's Hospital

Mental Health Awareness

CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

Centre for Counselling and Health Services
presents

WORLD MENTAL HEALTH DAY 2020
Awareness Webinar Series

Gatekeeper's Training on Suicide Prevention
for Peer Educators

Dr. Padmavathy D
Dept. Psychiatric Nursing
NIMHANS

19 October 2020
2pm to 4pm

Screen Fatigue and Mental Health
for Student Council

Dr. Manoj Kumar Sharma
Clinical Psychologist,
SHUT Clinic
(Service for Healthy Use of Technology)
NIMHANS

23 October 2020
3pm to 4pm

Let's Dare to Talk Mental Health...

Mental Health Matters!

cchs@christuniversity.in

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B A N G A L O R E · I N D I A
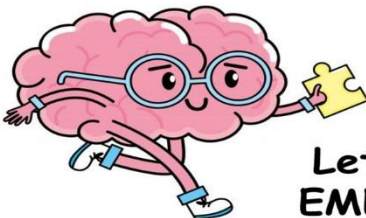
MENTAL HEALTH AWARENESS

LET'S TALK;
MENTAL HEALTH

Let's dare to talk Mental Health...
MENTAL HEALTH MATTERS!

Let's not ever struggle Alone...
Let's Break The Silence till it Shatters!
Let's BRAVE THE STIGMA...

Pick up the phone
And make that Call
You'll know YOU ARE NOT ALONE

Or drop in a mail
WE'LL RESPOND WITHOUT FAIL

Let's WORK IT OUT TOGETHER
EMERGE STRONGER THAN EVER!

Let's dare to talk Mental Health
'Coz YOU REALLY MATTER...

Centre for Counselling and Health Services.
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10 October 2020

CHRIST
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BANGALORE · INDIA

Mental Health Awareness

Centre for Counselling and Health Services
presents

WORLD MENTAL HEALTH DAY 2020
Awareness Webinar Series

Managing Stress and Looking After Ourselves
During This Pandemic
for Student Council

Dr. Sunita Simon Kurpad
Psychiatrist
St. John's Hospital

4 November 2020
3pm to 4.30pm

Let's Dare to Talk Mental Health...

Mental Health Matters!

cchs@christuniversity.in