

ADVOCACY FOR
MENTAL
HEALTH

CREATE LEADERS TO INNOVATE AND BREAK STIGMA!

BACKGROUND

Advocacy for Mental Health: Create Leaders to Innovate and Break Stigma is an international mobility project developed by De Sousa Foundation (India), Association Alba (Spain), University of Thessaly (Greece), Karsiyaka District National Education Directorate (Turkey) and administered and initiated by the Indian-European Social Change Ecosystem, Make Room India.



The project is developed as part of the Action Agenda for Change 2020 at the Changemakers' Room 2016 Training Forum and is expected to run until 2020. [Click here to read more about the Changemakers' Room!](#)

One out of four people will develop a mental health problem at some point of life, according to the WHO. **Mental ill health accounts for 20% of the burden of disease within the EU.** Over the 45 years, suicide rates have increased by 60% worldwide. 6 out of 20 countries with the highest suicide rates in the world are in the European Region. Unofficially though India is the suicide capital, with the highest number of youth suicides taking place, 130 thousand suicides in 2016. **These figures represent a toll of human ill health, with an estimated 83 million people being affected in the European region and over 60 million in India. Majority of mental health illnesses develop early at adulthood between the ages of 16 and 25, therefore making it a significant problem among youth.**

Make Room India

An Indian-European Social Change Ecosystem where - Leaders build innovative solutions; Organizations accelerate their goals by open dialogue and exchange of good practices; Sustainable Solutions are Advocated for social change.

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ADDRESSED ISSUES

The project consortium has prioritised the following issues within the sector of mental health with focus on youth and is expected to contribute in solving the following issues:

1. **Lack of strong leadership within the mental health sector**, that leads to poor advocacy of mental health and encourages youth suffering from mental illnesses not to take action, **to remain benefit seekers instead of job/opportunity creators, inactive members of the society.**
2. **Lack of quality information available to masses** and lack of information/research exchange across borders, lack of cooperation between organizations of researchers/psychologists resulting in lack of proper, innovative consultation and treatment techniques.
3. **Prevalent societal stigma and cultural barriers associated to mental health issues** leading youth not to undergo treatment when needed, **lack of self-confidence, independence and a will to be actively involved in a society among youth suffering from mental illnesses.**

PROPOSED SOLUTIONS

The project consortium has agreed to develop the following interventions in order to contribute in solving the identified problems:

Intervention 1. - Capacity Building Curriculum for Strong Leadership - Create an ICT-based curriculum using non-formal learning methodologies to build capacities of youth suffering from mental illnesses.

Intervention 2. - Collaboration Model - to create an ICT platform to establish cooperation between organizations/individuals working in mental health sector and foster exchange of practices and comprehensive content on mental health issues among youth.

Intervention 3. - Gaming to Raise Awareness - to create an innovative, tangible tool to break stigma and cultural barriers of mental health within the society. The gaming tool will showcase the much needed information to reduce ignorance and stereotypes about mental health within the society.

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OPEN FORUM - OPEN CALL OF PARTICIPATION

Each one of the developed interventions are expected to be replicable, socially relevant and innovative. In order to develop the interventions benefiting not only the official consortium of the project, but the sector at large, Make Room India organizes an open forum for individuals and organizations active in the field of mental health.

Date: September 9th, 2017, MUMBAI

Venue: Zone Startups India

18th Floor, Bombay Stock Exchange Building,
Dalal Street, Mumbai 400001

Time: From 10.00 AM - 05.30 PM

The Forum will create 3 working/focus groups each contributing to one of the identified interventions:

1. Capacity Building Curriculum for Strong Leadership
2. Collaboration Model
3. Gaming to Raise Awareness

The Open Forum is organized for individuals and organizations working in the sector of mental health notably with:

- **Education** - Capacity building of individuals suffering from mental health issues;
- **Awareness** - building socially relevant awareness campaigns breaking barriers/stigmas associated to mental health;
- **Research** - producing qualitative information on latest within mental health;

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AGENDA

10.00 AM - 10.15 AM	Registrations
10.15 AM - 10.30 AM	Welcome Address by the Ecosystem <ul style="list-style-type: none"> - Introduction of the Ecosystem - Introduction of the project “<i>Advocacy for Mental Health: Create Leaders to Innovate and Break Stigma</i>”
10.30 AM - 11.00 AM	Setting the Agenda of the day <ul style="list-style-type: none"> - Objectives of the Forum - Introduction of participating individuals/organizations
11.00 AM - 12.00 PM	Focus Discussion (working groups) <ul style="list-style-type: none"> - Local Context of the issues proposed
12.00 PM - 12.45 PM	Cross Group Collaboration <ul style="list-style-type: none"> - Enrich Focus Group work on problem identification/local context
12.45 PM - 01.00 PM	Finalization/Prioritization of the Problems
01.00 PM - 01.50 PM	Presentations of the local context based on the problems & Feedback
01.50 PM - 02.30 PM	Working Lunch
02.30 PM - 04.00 PM	Problems Vs Interventions Based on the local context and the thematic area, the groups will develop a prototype that can address the problems identified.
03.45 PM - 04.00 PM	Break
04.00 PM - 05.00 PM	Presentations Q & A / Feedback
05.00 PM	Closing Marks - The Way Forward

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REGISTRATION

In order to participate at the Open Forum, the online registration form has to be filled. Upon successful registration an entry fee of INR 700/- has to be paid.

To register, click here <https://goo.gl/tvUHbR>

BENEFITS

The participating individuals/organizations automatically become part of the ecosystem and are cordially invited to take part at all Make Room's events and are entitled to the following:

- Outreach Partners of the the project “*Advocacy for Mental Health: Create Leaders to Innovate and Break Stigma*”;
- Receivers of the project's interventions free of cost;
- Invited to take part at the official events of the project free of charge;
- Opportunity to pitch for an independent international mobility project managed by the participating organization;
- Opportunity to explore independent project collaboration within the Indian-European Social Change Ecosystem

Organized by



Make Room is Indian-European Social Change Ecosystem, an independently organized ecosystem creating and strengthening civil society's cooperation to drive positive social change across Europe and India. Make Room India is a unique platform for impact-oriented intellectual, cultural and personal interactions between Europe and India. Make Room India fosters civil dialogue and creates impact-oriented partnerships between individuals and organizations of Europe and India and facilitates dialogue to create effective initiatives developing innovative, sustainable and easily-replicable solutions to problems found in both - Europe and India.

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