

Domain 20: Mental Health & Well-Being

Mapped SDG Goals:

- **SDG 3** – Good Health and Well-being
- **SDG 4** – Quality Education (mental health literacy)
- **SDG 5** – Gender Equality (addressing gender-based stressors)
- **SDG 10** – Reduced Inequalities (improving access to care)

Domain 20: Mental Health & Well-Being

Key Objectives:

- Raise awareness of mental health issues and destigmatize seeking help.
- Identify common stressors and coping mechanisms in the community.
- Equip students and villagers with basic psychosocial support skills.
- Promote practices (e.g., mindfulness, peer support) that enhance resilience.

Activities:

1. **Baseline Survey:** Assess perceptions of mental health and common concerns.
2. **Awareness Workshops:** Interactive sessions on stress, anxiety, and depression.
3. **Peer-Support Circles:** Small group discussions for sharing experiences.
4. **Mindfulness & Relaxation:** Yoga/meditation/drawing therapy to teach coping skills.
5. **Mental Health First Aid:** Basic training on listening, empathy, and referral.
6. **School Clubs:** Help establish a “Wellness Club” that meets weekly.
7. **Parent & Teacher Sessions:** Build capacity for spotting warning signs in youth.
8. **Resource Mapping:** Identify local counsellors, helplines, support groups.
9. **Creative Expression:** Art, poster-making, or drama to express emotions.
10. **Community Presentation:** Share findings, stories, and propose a village mental health plan.

Sample 10-Day Schedule:

Day	Activity
Day 1	Orientation and baseline survey on mental health perceptions.
Day 2	Workshop: “What Is Mental Health?” – myths, facts, and stigma. Peer-support circle: sharing common stresses and coping ideas.
Day 3	Yoga/Mindfulness session for stress reduction. Mental Health First Aid training for basic listening and referral.
Day 4	School Wellness Club launch: activities and leadership roles.
Day 5	Parent–teacher meet: spotting signs of distress in children/adolescents.
Day 6	Creative therapy: art or drama to depict emotional well-being.
Day 7	Map and connect with local mental health resources (PHC, NGOs, helplines).
Day 8	Preparation and Submission of Final Report and Presentation
Day 9	Preparation and Submission of Final Report and Presentation
Day 10	Preparation and Submission of Final Report and Presentation

Household-Level Survey Questionnaire (Yes/No):

1. Do you feel comfortable talking about stress or sadness with family members?
2. Has anyone in your household ever sought professional help for stress or depression?
3. Do you practice any relaxation technique (prayer, meditation, exercise)?
4. Have you or your children faced bullying or social isolation recently?
5. Do you know of any local helpline or counsellor you could contact?
6. Does your household experience severe job, financial, or relationship stress?
7. Would you participate in a free community mental wellness session?

Community/Village-Level Survey Questionnaire (Yes/No):

1. Is there any awareness program on mental health conducted here in the past year?
2. Are community members open to discussing mental health issues publicly?
3. Is there a trained counsellor or social worker accessible locally?
4. Do local schools include mental well-being topics in their curriculum?
5. Has the village faced a surge in substance abuse or self-harm incidents?
6. Are there any peer-support or self-help groups active here?
7. Would community leaders support a permanent “Wellness Circle” or meeting space?