

Healers 'N' Storyteller's

For the people,By the people

- The idea is to make people heal and grow together by interaction in the form of storytelling.Stories of the past/situations that left impact on one's life if shared with others ,often leads to helping them and boosting their morals when someone is going through a hard time/rough phase.
- This initiative is brought to you for the purpose of providing a platform,acknowledging the global crisis of depression and other major mental health/behavioral issues.This issue affects people of all ages and groups and thus needs to be addressed.The myths and taboos in society regarding these mental health issues often restrict access to the help available ,thus leading to even worsening of the condition.
- The resources are people in the communities itself.A setup in the form of local clubs/community forums can be the platform for the activity.
- Natural conversation will develop a sense of cooperation,compassion,non judgmental and motivational aspects that will again make the environment comfortable for even the shiest of people to speak up in the community.Thus healing through storytelling.

Care With a Twist

In this proposal,I would like to highlight the purpose of providing a platform and acknowledging the global crisis of **depression** and other major **mental health/behavioral issues**.These issues affects people of all ages and groups and thus needs to be addressed sincerely.

The myths and taboos in society regarding these mental health issues often restrict access to the help available ,thus leading to even worsening of the condition.That often leads to self-harming activities or eventually resorting to suicide.

Counselling is a great idea but that often seems unavailable/uncomfortable for people with lower self-esteem ,an effect of going through the phase.Any form of appreciation and compassion in a natural way can make recovery seem effortless and accessible.

The idea is to make people heal and grow together by interaction in the form of storytelling.Though everyone is different,we all have stories to tell.Diverse ranges of them includes causes ,actions,overcoming obstacles ,happy,sad and a lot more.

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Recognizing good performance or improved performances will keep people motivated and engaged.

Redefining Healing

Natural conversation will develop a sense of cooperation,compassion,non-judgmental and motivational aspects that will again make the environment comfortable for even the shiest of people to speak up in the community.Thus *healing through storytelling*.

This way balance will be maintained between technological interaction and face-to-face social interaction.This will also ensure the growth and engagement in the community and prevent severe actions due to depression,of all and by all.