Mental Health Support and Sustainable Development Goals

Module 6

Community Resources

What Are Community Resources?

encompass various assets, including people, places, and services, that promote community well-being, such as health workers, libraries, and community organizations

- Free/low-cost mental health services **outside the workplace**.

- **Community Resources for Mental Health**
  Support groups (for depression, anxiety, grief)
- Crisis hotlines (suicide prevention, abuse support)
- Local clinics & NGOs (free counseling, therapy)
- Online forums & apps (peer support, self-help tools)

Examples:

- **NAMI (National Alliance on Mental Illness):** Free support groups and education.
- **7 Cups:** Anonymous peer counseling online.

Significance:

- **Accessibility**

- **Fills gaps** when employers lack resources.
- **Provides specialized support** (e.g., veterans, trauma survivors).

What Is Telehealth?

Definition:

- Telehealth is the **remote delivery of healthcare services** using digital tools (video calls, apps, SMS).
- For mental health, it includes **therapy sessions, crisis counseling, and wellness monitoring** via platforms like Zoom or specialized apps.

Examples of Telehealth Mental Health Services:

1. **BetterHelp** – Online therapy with licensed counselors.
2. **Talkspace** – Text/video therapy with psychiatrists.
3. **Crisis Text Line** – Free 24/7 support via SMS.

In India - eSanjeevani National Teleconsultation Service

Benefits:

- **Accessibility:** Reaches rural areas or those with mobility issues.
- **Affordability:** Often cheaper than in-person sessions.
- **Privacy:** Reduces stigma of visiting a clinic.

Benefits of Online Mental Health Platforms

Expanded Examples:

1. **Headspace:** Meditation for stress reduction.
2. **Woebot:** AI chatbot for CBT techniques.
3. **Sanvello:** Employer-sponsored mood tracking.

Why They Work:

- **Scalable:** Reach thousands of employees at once.
- **Data-Driven:** Apps track progress and flag risks.

Mental Health Disparities

Definition:

- Unequal access to care based on **race, income, gender, or location**.

Examples in Workplaces:

- **Minority employees** face higher stress due to microaggressions.
- **Low-wage workers** lack insurance coverage for therapy.

Data:

- Black Americans are **20% more likely** to experience mental health issues but **50% less likely** to receive care (APA).

What Are SDGs?

- **Sustainable Development Goals (SDGs)** are 17 UN goals to achieve global equity by 2030.

- Signed in 2015 by 193 UN countries (USA, India, Germany, Kenya, etc)

- Before the **SDGs (2015–2030)**, there were the **Millennium Development Goals (MDGs, 2000–2015)**—a set of **8 goal**

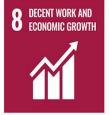- The UN said: *"The MDGs helped, but we need a **fairer, bigger plan**!"* So in **2015**, they made the **17 SDGs**

SDG 3

What is SDG 3?

- **Goal:** *"Ensure healthy lives and promote well-being for all at all ages."*
  Mental Health Target (3.4): Reduce deaths from **suicide, depression, and substance abuse** by 2030.

Policies to Implement SDG 3

Key Policies in India

1. **Mental Healthcare Act (2017)**
   1. **Right to Treatment:** Free care for homeless/poor.
   2. **Decriminalizes Suicide:** Mandates support, not punishment.

2. **National Mental Health Programme (NMHP)**
   1. Funds **district mental health clinics**.
   2. Trains **doctors in basic psychiatry**.

3. **KIRAN Helpline (2020)**
   1. 24/7 free counseling (**toll-free: 1800-599-0019**).

4. **Manodarpan (2021)**
   1. School counseling for **student stress & suicide prevention**

Challenges in Implementing SDG 3

Challenges in India

- **Stigma:** 80% don't seek help due to shame (*WHO*).
- **Shortage:** Only **0.75 psychiatrists per 100,000 people** (vs. 6 in the West).
- **Funding:** Only **0.05% of health budget** for mental health.

How India Can Improve

Awareness Campaigns (e.g., Bollywood stars sharing stories).

Tele-Manas (2022): Free tele-mental health services.

Workplace Policies: Mandate EAPs (Employee Assistance Programs).

Fun Fact: Yoga & meditation (part of Indian culture) are now global mental health tools! 🧘 ♂️

SDG 8

What is SDG 8?

Goal: *"Promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all."*

Key Targets:

- **8.5:** Full employment & equal pay for all (including women/youth).
- **8.8:** Safe workplaces (mental & physical health)

Policies to Implement SDG 8

Key Policies & Initiatives in India

1. Code on Wages (2019)
1. Ensures **minimum wage** & timely payments.
2. Bans gender-based pay gaps.

2. Pradhan Mantri Rojgar Protsahan Yojana (PMRPY)
1. Govt pays **employers' EPF contributions** to encourage hiring.

3. Occupational Safety, Health & Working Conditions Code (2020)
1. Mandates **safe workspaces**, mental health breaks.

4. Skill India Mission (2015)
1. Free vocational training for **youth/unemployed**.

5. MGNREGA (2005)
1. Guarantees **100 days of paid work/year** for rural poor

Challenges in Implementing SDG 8

Challenges in India

- **Informal Sector:** 90% of workers lack job security/social security (*International Labour Organization*).
- **Gender Gap:** Only **19% of women** in formal jobs (*World Bank*).
- **Mental Health at Work:** No national law for workplace counseling.

How India Can Improve

Expand Social Security: Include gig workers (e.g., Swiggy/Zomato delivery).

Strict Anti-Harassment Laws: Implement POSH (Prevention of Sexual Harassment) effectively.

Mental Health Policies: Make **workplace counselors** mandatory (like in IT companies).

- **Fun Fact:** India's **gig economy will employ 23.5M workers by 2030**—SDG 8 must protect them!

Aligning Workplace Policies with SDG-8

Significance: SDG-8 promotes **economic growth + decent work for all**, linking mental health to fair wages, safety, and inclusion.

1. **Fair Wages Policy** – Ensures livable income to reduce financial stress.
2. **Flexible Work Arrangements** – Remote work/hybrid options to improve work-life balance.
3. **Anti-Discrimination Policies** – Protects marginalized groups (e.g., LGBTQ+, disabled employees).
4. **Occupational Safety Standards** – Prevents workplace harassment/bullying (ISO 45001).
5. **Equal Pay Policy** – Audits to ensure gender/racial pay equity.
6. **Reasonable Accommodations Policy** – For disabled employees (ADA compliance).
7. **Anti-Harassment Training** – Mandatory annual workshops.
8. **Skills Development Programs** – LinkedIn Learning subscriptions.
9. **Mental Health Leave Policy** – 12 paid days/year

Interconnection of SDG-3 & SDG-8

How They Intersect:

- **SDG 3.4** → Mental health prevention → **SDG 8.5** (Productive employment).
- **SDG 8.8** → Safe workplaces → **SDG 3.4** (Reduced anxiety/depression).

Example:

- A **stress-free workplace** (SDG 8) reduces heart disease rates (SDG 3).

Five Benefits of Integrating SDGs

Detailed Rationale:

1. **Talent Attraction:** 75% of millennials prefer employers with SDG commitments (Deloitte).
2. **Investor Appeal:** ESG (Environmental, Social, Governance) funds grew **55%** in 2023.
3. **Legal Compliance:** Avoid penalties for violating **OSHA mental health guidelines**.
4. **Global Alignment:** Supports UN's 2030 Agenda.