

# It's Ok To Talk

## RESOURCES

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1. What you need to know: understanding mental health for young people today
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### Section 1. Understanding mental health for young people today

#### What is mental health?-watch: <https://youtu.be/1Bq4Zo-iH>

1. WHO Fact sheets and resources
  - a. **Adolescent mental health -Global** [www.who.int/en/news-room/fact-sheets/detail/mental-health-strengthening-our-response](http://www.who.int/en/news-room/fact-sheets/detail/mental-health-strengthening-our-response)  
[https://www.who.int/mental\\_health/world-mental-health-day/2018/en/](https://www.who.int/mental_health/world-mental-health-day/2018/en/)
  - b. **Mental Health fact sheet for India**  
[http://www.searo.who.int/india/topics/mental\\_health/about\\_mentalhealth/en/](http://www.searo.who.int/india/topics/mental_health/about_mentalhealth/en/)
  - c. **Suicide facts-Global**  
[https://www.who.int/mental\\_health/suicide-prevention/infographics\\_suicide.pdf?ua=1](https://www.who.int/mental_health/suicide-prevention/infographics_suicide.pdf?ua=1)
2. Frequently asked questions about mental health
  - a. **FAQs on mental health**  
<http://itsoktotalk.in/faq/>
  - b. **FAQs on youth mental health**  
<https://www.youthbeyondblue.com/understand-what's-going-on>
  - c. **A-Z of Mental health** <https://www.mind.org.uk/information-support/a-z-mental-health/>

### Section 2: Resources for friends and family

1. WHO guides on suicide prevention
  - a. **Do you know someone who may be considering suicide?**  
<http://www.who.int/campaigns/world-health-day/2017/handouts-depression/family/en/>

- b. **Do you feel like life is not worth living?**  
<http://www.who.int/campaigns/world-health-day/2017/handouts-depression/yourself/en>
  - c. **Preventing depression during your teens and twenties**  
<https://www.who.int/campaigns/world-health-day/2017/handouts-depression/adolescents-05.pdf?ua=1>
2. Helping a friend who is going through a tough time
- a. **Communicating with those who have Mental Health concerns**  
[http://thelivelovelaughfoundation.org/article\\_2.html](http://thelivelovelaughfoundation.org/article_2.html)
  - b. **5 ways to be a more Empathetic and Mindful friend**  
<http://thelivelovelaughfoundation.org/mindful-friend.html>
  - c. **Overcoming trauma through psychological first aid**  
<http://icallhelpline.org/overcoming-trauma-through-psychological-first-aid-2>
  - d. **Psychological first aid-how can it help you**  
<http://icallhelpline.org/psychological-first-aid-how-it-can-help-you/>
  - e. **Helping Someone with a Mental Illness**  
<https://www.thebetterindia.com/126532/mental-health-help-kit/>
3. How to care for your own mental health
- a. **Self-care guide**  
<https://goo.gl/HaXrJZ>
  - b. **How to practice mindfulness everyday**  
[https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/?o=8915#.W\\_uMBXozZp8](https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/?o=8915#.W_uMBXozZp8)

### Section 3: Selected media resources and links

#### 1. News pieces

[India is facing a growing mental health problem, comprehensive road map the need of the hour](#)

[Depressed, alone and ignored: What ails India's young](#)

[India Is Facing a Mental Health Crisis – and Its Education System Is Ill Equipped to Handle It](#)

[40% of Mumbai's youth are depressed, just 13% parents aware](#)

#### 2. Videos to watch

- a. What is mental health (Hindi)

<https://www.youtube.com/watch?v=1Bq4Zo-iHXM>

- b. 5 ways to reduce mental health stigma

[https://www.youtube.com/watch?v=5MG\\_HDNqZA0](https://www.youtube.com/watch?v=5MG_HDNqZA0)

- c. Bipolar Disorder- A short introduction  
[https://www.youtube.com/watch?v=YXtJ4-HL\\_IE](https://www.youtube.com/watch?v=YXtJ4-HL_IE)
- d. The Science of Depression  
[https://www.youtube.com/watch?time\\_continue=2&v=GOK1tKFFIQI](https://www.youtube.com/watch?time_continue=2&v=GOK1tKFFIQI)
- e. What if You Hear Voices in your Head  
[https://www.youtube.com/watch?time\\_continue=7&v=CRV9PsZRUV0](https://www.youtube.com/watch?time_continue=7&v=CRV9PsZRUV0)
- f. How Stress Affects Your Brain  
<https://www.youtube.com/watch?v=WuyPuH9ojCE>
- g. 6 Types of Eating Disorders  
<https://www.youtube.com/watch?v=0SRmccgFIs8>
- h. Why Are You Anxious <https://www.youtube.com/watch?v=iALfvFpcIE>
- i. 7 Simple Tips To Reduce Your Stress NOW  
<https://www.youtube.com/watch?v=IDecu0ME1Zo>

### 3. Interesting podcasts on mental health

- a. <https://thisiscriminal.com>
- b. <http://ivmpodcasts.com/marbles-lost-and-found/>

## Section 4: Campaigns for youth mental health

### 1. Other Indian Campaigns/Projects to look up

- a. iCall helpline <http://icallhelpline.org>
- b. The Live Love Laugh Foundation <http://thelivelovelaughfoundation.org>
- c. Mana Maali <https://manamaali.wordpress.com>
- d. mPower <https://www.mpowerminds.com>
- e. Bhor Foundation: <https://bhorfoundation.wordpress.com/>

### 2. Support groups for mental health

- a. Bipolar Support Group <https://www.bipolarindia.com>
- b. Prajit - 'Mental Health' Self Help Group (Pune)  
<http://www.aarogya.com/support-groups/depression/prajit-mental-health-self-help-group.html>
- c. The Listening Circle-Bhor Foundation

### 3. Global campaigns

- a. <https://www.7cups.com> (includes chat bot)
- b. <https://headspace.org.au>
- c. <https://themighty.com>
- d. <http://teenmentalhealth.org>
- e. <https://www.activeminds.org>
- f. <https://www.betterhelp.com/faq/> (matches with licensed counsellors)
- g. <http://www.buddy-project.org>

- h. <https://www.intrusivethoughts.org> (includes chat bot)
- i. <https://www.ruok.org.au/what-were-about>
- j. <https://youngminds.org.uk>
- k. <http://www.humanologyproject.org/pathos/>

### **Section 5: Find help**

1. Helplines and counselling services: [www.itsoktotalk.in/find-help](http://www.itsoktotalk.in/find-help)
2. Find a therapist: <http://thelivelovelaughfoundation.org/therapist.html>
3. Crisis support India: <http://shawmindfoundation.org/support-resources/crisis-support/crisis-support-india/>
4. More helplines: <https://www.thebetterindia.com/72879/10-organisations-to-find-help-for-depression/>