



# “WELL BEING VOLUNTEERS”

## VOLUNTEERS IN MENTAL HEALTH CARE

### **Background:**

In India, there is growing concern in the field of mental health due to inaccessibility of services.

NIMHANS, being a premiere institute in the field of mental health is devising innovative approaches to mental health care so as to reach the unreached.

One such initiative is creating volunteers in the community who are interested in working for the cause of mental illness and mental health.

NIMHANS Center for Well Being (NCWB), is an apt place to train the volunteers to provide curative, preventive and promotive services in the community. Total of 88 volunteers in three batches have been trained successfully so far and doing a wonderful work in the hospital & community.

### **Process**



### **Who can be volunteers?**

*Volunteers may include but not restricted to Teachers, IT professionals, Youth, NGO workers, businessmen, retired persons, home makers, students who are interested to contribute to community in the field of mental health*

### **Areas of Training:**

- Psychosocial competencies among children
- To train employees on Stress management
- Addiction, Suicide prevention strategies
- Identification of mental health problems in community
- Home visit/Telephone services
- Basic counselling skills

### **What will your possible roles be as a volunteer?**

- Early referral for treatment
- Counselling for psychosocial issues
- Home visits /telephone follow ups/ assisting in IP/OP care
- Conducting school mental health programs
- Volunteering for mental health help line services
- Stress management programs in your own work place

### **Duration of Training:**

- Duration : Oct 2021 - Jan 2022 Frequency of training : Every Saturday except on second Saturday
- Timing: 09.30 – 13.00
- Registration charges: Free

### **Will you get supervision for your volunteer work?**

*Yes, an expert from NIMHANS would be assigned to you for regular reviews with you.*

### **Time to be spent as a volunteer:**

A minimum of 4 hours a week on any of the roles mentioned. More importantly, **quality time** than quantity of time would be appreciated

### **Are you Interested?**

email us the proforma attached with this flier on or before 25<sup>th</sup> Sep 2021 to the below email addresses

**We will get back to you.....**



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### *Feed back of the trained volunteers of previous batches about the program :*

#### **Content of the program:**

- Well-structured
- Comprehensible for laypersons to appreciate/ associate with mental health aspect
- Apt for volunteers
- Comprehensive, easy to understand and apply
- Research and study-based validation of content

#### **Methodology:**

- Activity-driven learning is impactful beyond the sessions
- Citing of real incidents make it easier to relate with
- Participative and thought-provoking
- Linking between sessions and real life situations
- Activity-based method made me realize and understand the situation and relate to mental health problems

#### **Usefulness:**

- Seeing a lot of changes in my approach to work
- Positive impact on my own behaviour
- Has helped me personally to become more aware/ sensitive to several issues on mental well-being
- As a potential trainer, both the content and the methodology is useful

### *Outcome of the program :*

- Volunteering for community awareness program on world health day
- Referral for more than 500 persons to NCWB and NIMHANS
- Recreational activities at Child and Adolescent and adult Psychiatry ward, NIMHANS
- Visit to Home for mentally challenged, old age homes
- Parenting program at apartment associations
- Life Skills Program at schools/ colleges
- Educating colleagues about "sleep hygiene" and "handling stress" at office
- orientation on 'Need for Mental Health Intervention'

**Organised by: NIMHANS Center for Well Being (NCWB)**  
**#1/B, 9th main, 1st stage, 1st phase, BTM layout,**  
**Bengaluru-560076**

**Ph: 080-26685948 Mob: 9480829670**

**Email: [nimhans.wellbeing@gmail.com](mailto:nimhans.wellbeing@gmail.com)**

#### **Coordinator:**

**Dr. E. Aravind Raj**

**Additional Professor of Psychiatric Social Work, NIMHANS, Bengaluru**

**Email: [aravind.nimhans@gmail.com](mailto:aravind.nimhans@gmail.com)**