



National Health Mission, Assam



GOVERNMENT OF ASSAM



Identifying Mental Illnesses

National Mental Health Programme

Schizophrenia

Symptoms:

- 👉 Talking to self
- 👉 Getting aggressive without provocation
- 👉 Decreased sleep
- 👉 Laughing/Crying without reason
- 👉 Hallucination
- 👉 Delusions
- 👉 Disorganized speech (thinking)



This is not the doing of any evil spirit.
This is a mental illness due to neurological imbalances.

Seek help from,

DISTRICT MENTAL HEALTH PROGRAMME (DMHP)

In District Civil Hospitals,
mental health professionals
are available

Tele- MANAS Services

Free helpline
Ask about any mental
health issues

📞 **14416 or**
1800-891-4416



National Health Mission, Assam



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Identifying Mental Illnesses

National Mental Health Programme

Depression



Symptoms:

- 👉 Persistent sadness
- 👉 Loss of interest in activities
- 👉 Loss of appetite
- 👉 Feelings of worthlessness etc.



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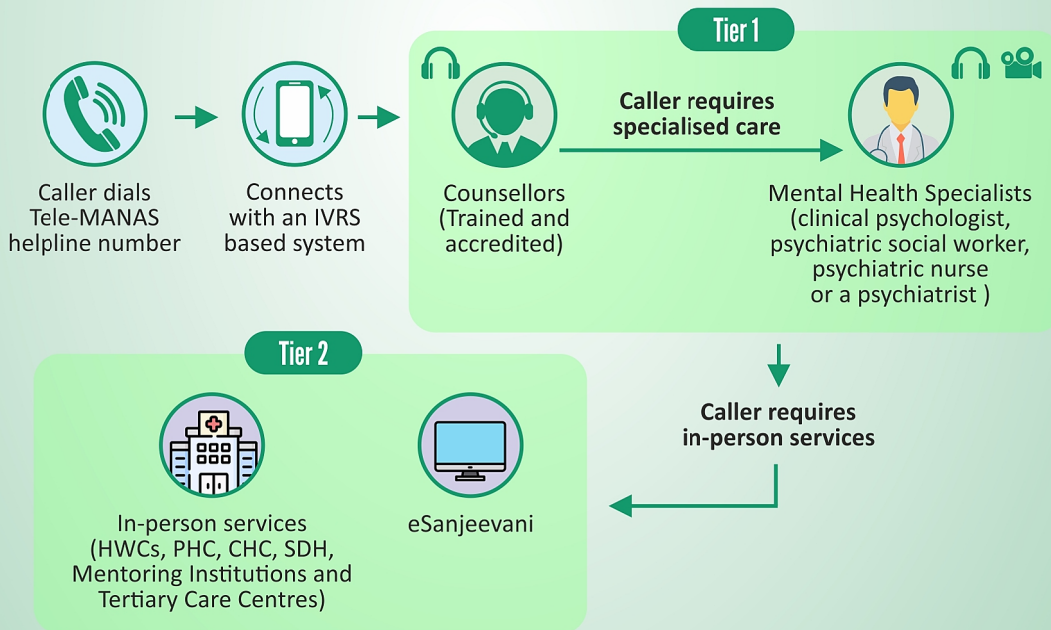


सत्यमेव जयते
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Assam's Tele-Mental Health service provision Tele-MANAS, ASSAM

Tele-MANAS Calling Mechanism



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Who can call?

- 👉 People with stress
- 👉 People with sleep problems
- 👉 People with depression
- 👉 People who feel afraid and have negative feeling
- 👉 Caretakers on behalf of mentally ill persons
- 👉 People with any mental health related queries





National Health Mission, Assam



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National
Mental
Health
Programme

NATIONAL MENTAL HEALTH PROGRAMME

CREATING AWARENESS THROUGH KNOWLEDGE




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TALK TO GET RELIEF



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Don't suffer in silence. It is time to address Mental Health.



Reduce Stigma and Discrimination associated with Mental Health and mental illness due to myths and misconceptions.


Avail services of trained professionals in

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NATIONAL MENTAL HEALTH PROGRAMME

CREATING AWARENESS THROUGH KNOWLEDGE

Venue:.....

Date:.....

Mental health
is not a destination,
it is a process.

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