



The Dialogue

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The Dialogue Initiative

# COVID-19: MENTAL HEALTH CAMPAIGN

IN COLLABORATION WITH 7  
MENTAL HEALTH  
PROFESSIONALS

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11 AM - 5 PM, MON-FRI

FIRST SESSION IS ON US  
AND WILL NOT REQUIRE  
YOU TO PAY.

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To book an appointment please write to:  
[Covid-19.support@thedialogue.co](mailto:Covid-19.support@thedialogue.co).

For queries call:  
Maanya Vaidyanathan: +91 8860310963



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ALL NAMES AND DETAILS OF RESPONDENTS WILL REMAIN ANONYMOUS.

## **COVID-19: MENTAL HEALTH CAMPAIGN**

### **PURPOSE:**

In a country where nearly 15% of adults are in need of active intervention for one or more mental health issues (according to the National Mental Health Survey, 2015-16 by Nimhans, Bengaluru), a more holistic approach is needed to deal with Covid-19, with emotional and physical well-being getting equal importance. The Dialogue, a public policy think tank based in New Delhi, is attempting to bridge this gap via this campaign.

### **PROCEDURE**

The Dialogue has collaborated with 7 mental health professionals who are committed to helping people in India through this tumultuous period. They will address any anxiety or depression related issues that have arisen due to the isolation that we are facing. The procedure for setting up an appointment is:

- Therapists will be available to talk on voice calls or video calls (based on their preference) for a 45 minute session.
- Those looking for help can contact The Dialogue at **Covid-19.support@thedialogue.co** to set up an appointment for any day of the week.
- The Dialogue will connect you to the therapist on call on that particular day.
- You will be provided the contact number of the therapist in advance and can call them at the time allotted to you.
- Our therapists can take sessions in English, Hindi and Tamil.

Post session, you and your therapist can set up follow up appointments if needed.

**The first session is on us and will not require you to pay.** However, future sessions will not involve The Dialogue.

**Sessions will be held from Monday - Friday from 11 am - 5 pm.**

## **THERAPISTS**

The therapists collaborating with The Dialogue are:

1. Vartika Modi - Founder and Clinical Psychologist of The Flow: Mental Wellness Clinic
2. Anie James - M.Phil Scholar in Psychiatric Social Work, Dr. RML Hospital
3. Tanvi Baluja - M. Phil Clinical Psychology Trainee, A.B.V.I.M.S & Dr. RML Hospital
4. Upasana Ravinder - Clinical Psychologist
5. Nisha Gopalakrishnan - M.Phil Clinical Psychology
6. Richa Sharma - M. Phil Psychiatric Social Work
7. Nandini Shukla - M. Phil Clinical Psychology, Dr. RML Hospital

We understand speaking about mental health still comes with its own stigma these days. However, we truly hope this will help you reach out to us and give you more strength to get through these difficult times.

**All names and details of respondents will remain anonymous.**

For any other queries please contact **Maanya Vaidyanathan** at +91 8860310963