



The Dialogue

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The Dialogue Initiative

COVID-19: MENTAL HEALTH CAMPAIGN

IN COLLABORATION WITH 7
MENTAL HEALTH
PROFESSIONALS

11 AM - 5 PM, MON-FRI

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

To book an appointment please write to:
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.



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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 a team of 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 with a link for a Zoom meeting and can log in at the allotted time.
Please do not use the link in advance.
- In case a zoom call is not possible, the counsellor will contact you through a phone call at the allotted time.
- Our therapists can take sessions in English, Hindi, Punjabi, Marathi, Malayalam and Tamil.

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

The first session is free of cost. 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. Upasana Ravinder - Clinical Psychologist
3. Benjamin Wilson - Psychologist and Counsellor
4. Prabhjot Kaur - Clinical Psychologist
5. Bhakti Joshi - Counselling Psychologist

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