

## ***“Empowering Minds Inspiring Hope” Jhpiego leads the way - A Glimpse into the World Mental Health Day Event at Madhya Pradesh***

**World Mental Health Day** celebration was hosted by NHM, MP in collaboration with Jhpiego on October 18, 2023, at Hotel Asoka Lake View in Shyamla Hills, Bhopal. The theme for the event was "**Mental health is a universal human right**" aligning with the WHO theme for the year, emphasizing the importance of mental well-being for all.

The event was anchored by Mr. Rahul Sharma (Clinical Psychologist from J.P. Hospital, Bhopal) who set the tone for a day filled with insightful discussions and meaningful interactions. The program commenced with the symbolic lighting of the lamp, followed by a warm welcome for our esteemed chief guest **MD NHM Ms Priyanka Das**. She conveyed that in the symphony of life, mental health is the conductor, and the harmony of maternal mental health resonates throughout the entire composition of a healthy society.

Dr. Sharad Tiwari (DD Mental Health, NHM Bhopal) welcomed the guests and shared valuable insights on the intersection of mental health and human rights. He also introduced the Maternal Mental Health Module and the importance of collaborative efforts to enhance mental health services.

Dr. Archana Mishra (DD Maternal Health, NHM Bhopal) delivered the opening remarks, setting the stage for a day of meaningful discussions. She emphasized and highlighted the importance of Perinatal Mental Health and Jhpiego's efforts in this direction.

A significant moment of the event was the **launch of the Maternal Mental Health Module** by MD NHM Bhopal, highlighting the importance of maternal mental health. *Jhpiego has played a crucial role along with National Institute of Mental Health and Neurosciences (NIMHANS) in reviewing, editing, designing and printing of the module.* It was followed by **launch of a video series on Perinatal Mental Health** developed by Jhpiego. The video is the first in a series of educational videos that will be developed in collaboration with NIMHANS for capacity building of healthcare providers on Perinatal Mental health.

The event also celebrated the achievements of top-performing districts (DMHU) under the Mental Health Program with Jabalpur team being one of the awardees.

Dr. Vijendra Singh (Prof. & HOD Psychiatry, AIIMS Bhopal) shed light on the Mental Health Care Act 2017 emphasizing the importance of various provisions, including the rights of individuals with mental illnesses and the need for comprehensive mental health services.

The Panel discussion moderated by Dr. Anupama Rao, Clinical Advisor, Jhpiego, delved into the theme, "Mental Health is a Universal Human Right." The experts on the Panel were eminent Obstetricians, Mental health specialists and leaders from the development sector. The discussions provided insights into the challenges and opportunities in mental health care and the

importance of accessible and affordable care, referrals, rehabilitative care and the provision of mental health services at the community level.

A specific focus on Perinatal Mental health underscored the important work that Jhpiego is leading in this area in Jabalpur, MP with support from USAID. The district team from Jabalpur appreciated Jhpiego's work and shared experiences on the National Technical consultation, Training of trainers and the observership program in NIMHANS organized by Jhpiego on Perinatal Mental Health.

The event concluded with the presentation of a skit (Nukkad Natak) titled "**Our minds, our rights**" that was facilitated by the Jhpiego team.

In the spirit of improving mental health for all, **a pledge** was taken by all participants to uphold the rights and well-being of individuals with mental health challenges.

In the pursuit of universal mental health as a fundamental human right, this event stands as a testament to our commitment to improving mental health care with a specific focus on Perinatal mental health.

#### **GUIDING THE DISCUSSION: MODERATOR LEADS PANELISTS IN INSIGHTFUL CONVERSATION ON PMH**



#### **ENGAGED MINDS: AUDIENCE CAPTIVATED BY MENTAL HEALTH DISCUSSION**



**EMPOWERING MOTHERS: DIGNITARIES UNVEIL MATERNAL MENTAL HEALTH MODULE**



**MATERNAL MENTAL HEALTH MODULE : RESOURCE FOR HEALTHCARE PROVIDERS**

**Maternal Mental Health Module**  
Supports Health of Women  
 Health for Women

**CONTENT**

- Maternal mental health – An Overview
- Objective of the maternal mental health module
- Intervention under WMP in MP
- Impact of maternal mental illness on fetus and childbirth – Identification and management
- Identification of Pre-existing mental illnesses
- Identification of Perinatal mental illnesses
- Assessment tool for Maternal Mental Health Issues
- Post-partum mental illness – identification, management and treatment
- Pharmacological intervention
- Psychosocial intervention
- Conquers' Role in the betterment of maternal mental health
- Integration of Perinatal Mental health into existing service delivery system
- Mental Healthcare Act, 2017 in Overview
- Annexure – Screening tools

**SERVICE DELIVERY FRAMEWORK**

- 01 STEP: Community level Health Promotion
- 02 STEP: Early Identification by screening Tool by ANM
- 03 STEP: Psychosocial management and enabling referral by CHC/ANM
- 04 STEP: Diagnosis and initiation of treatment by the Medical Officer
- 05 STEP: Access to treatment by referral to higher level centers

Promoting use of Tele-Mental by Pregnant Women

**PLEDGING FOR MENTAL HEALTH: AUDIENCE JOINS SPEAKER IN OATH TAKING CEREMONY**



**POWERFUL SKIT (NUKKAD NATAK) ON MENTAL HEALTH**



**TEAM JHPIEGO WITH THE NHM LEADERS**



**APPRECIATION BY MISSION DIRECTOR FOR JHPIEGO'S SUPPORT**

