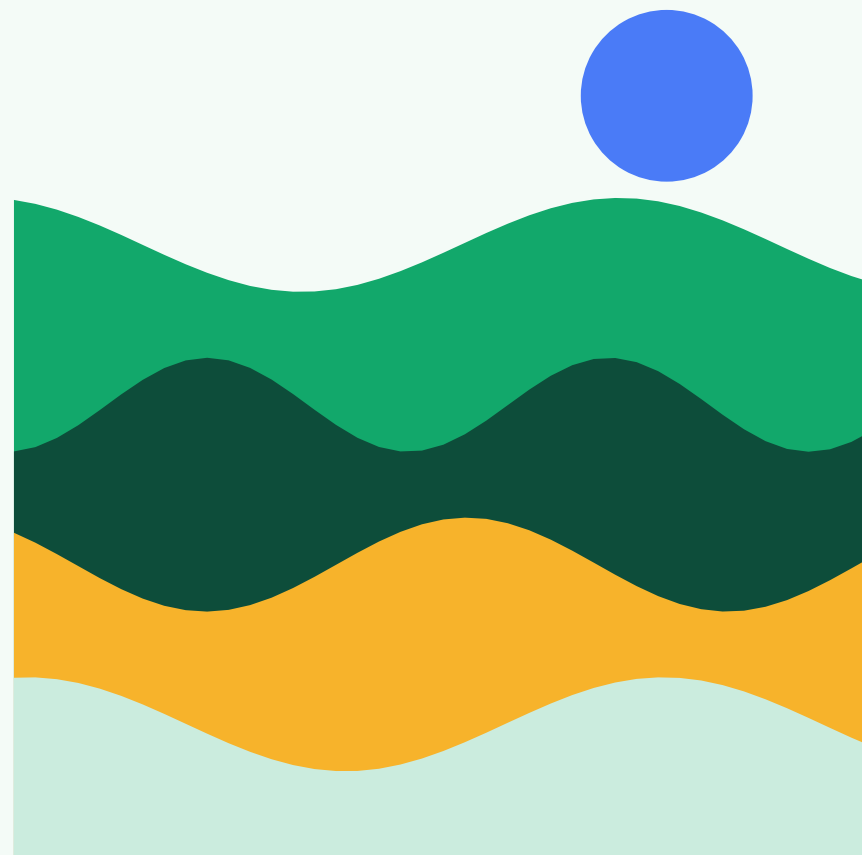


HEALTH AWARENESS

Mental Health and Wellbeing

Talking openly, caring early



PRESENTED BY
Presenter Name

DATE
2026

CONTACT
hello@yourdomain.in

Agenda

01

Overview

03

Care

02

Signs & causes

04

Action

01

OVERVIEW



What is mental health?



Medical illustration

Mental health is our emotional, psychological and social wellbeing – how we think, feel and cope with life.

Everyone has mental health, just like physical health. Stress, anxiety and depression are common and treatable, and asking for help is a sign of strength.

Why it matters

1 in 7

people experience a mental health condition (illustrative)

75%

of conditions begin before age 25

Treatable

with support and care

Illustrative figures – cite current guidelines for your audience.

02

SIGNS & CAUSES



Common symptoms

01

Low mood

Persistent sadness or emptiness.

02

Anxiety

Constant worry or panic.

03

Withdrawal

Losing interest in people and activities.

Risk factors

- Ongoing stress at work or study
- Isolation and loneliness
- Family history
- Major life changes

TIP

Talk to someone you trust – a friend, family member or counsellor.

03

CARE



Diagnosis

1 Notice

Changes in mood or behaviour

2 Talk

Share with someone trusted

3 Assess

Meet a counsellor or doctor

4 Support

Therapy, self-care, medicines

Prevention and treatment

Prevention

- ✓ Regular sleep and exercise
- ✓ Stay connected with people
- ✓ Limit screen time at night
- ✓ Practise mindfulness

Treatment

- Counselling and therapy
- Support groups
- Medicines when prescribed
- Workplace or school support

04

ACTION



When to see a doctor

Situation	Action
Feeling low for two weeks	Talk to a counsellor
Panic attacks	See a doctor
Thoughts of self-harm	Contact a helpline immediately

General information, not medical advice.

Healthy habits

01

Pause

Five minutes of deep breathing.

02

Connect

Call a friend this week.

03

Rest

Keep a regular sleep routine.

Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team

