



# LET'S LIVE

Every new beginning comes from some other beginning's end

- Seneca

## 2019 - Towards the End...

### **Concluding The Orange Room**

Our first project for Non judgemental listening - The Orange Room - came to a successful completion of its pilot phase towards the beginning of December 2019. During the 5 months of the project we were able to provide 500+ hours of non judgemental listening, 50+ hours of group sessions, 30+ hours of public awareness programs, catering to more than 200 young adults.

It was a huge effort to run such an intense project with minimum resources. Eventhough it was a very rewarding project, it took a huge toll on our mental health due to shortage of funds and lack of human resources. This meant, we had to sit back, analyze and rework on our strategies to raise more funds, bring in more volunteers and look at different ways to optimise the limited resources we had.

### **Getting the Pollination Project Grant**

During this period we managed to clear the application process for receiving seed fund from The Pollination Project. However we were unable to get the fund from the bank here as we needed FCRA approval first, which is given to NGOs that have been functioning for over 3 years. So we sought prior FCRA approval which takes minimum of 3 months of administrative process flow. And we are still waiting to hear from Ministry of Home Affairs. We are also awaiting 80G Exemption Certificate final approval from Income Tax department, Kochi.

### **09 December to 20 December – LMH Course – Sangath, Goa**

We participated in the Leadership in Mental Health (LMH) program conducted by SANGATH, Goa which was a 2 week course for those working in the mental health field. The course saw global mental health experts like Shekhar Saxena ( former director WHO), Dr.Vikam Patel, Graham Thornicroft,Ratnaboli Ray sharing their experiences and knowledge working in the mental health field .



### **2020 - A New Beginning!**

#### **Media Sensitization**

This year, Media Sensitization was chosen as our focus of work. This included, but not limited to, sensitizing media about responsibly portraying suicide and mental health news and reports, bringing awareness to those who works on movies to portray more characters that are real and resilient so as to limit the copycat suicides. This included targeted awareness campaigns for print media, visual media and those working on screen.

#### **Mental Health Film Festival**

Towards the end of this year, as a culmination of all our media sensitization activities, we plan to conduct a mental health film festival in Trivandrum, Kerala which would be a 3 day event where various mental health movies will be screened and discussions will be held by expert panelists including script writers, movie directors, Psychiatrists and those with lived experience of mental health issues. Our awareness sessions will be based on WHO guidelines on Preventing Suicide.



2020

#MEDIA  
SENSITISATION

**SENSITISATION WORKSHOPS  
MENTAL HEALTH FILM FEST**

**January - March 2020: A snapshot**


We also held/ participated /gave talks this year on suicide prevention and mental health awareness in various parts of the country.

***11<sup>th</sup> January 2020 - Let us Dream Conference – Christ Nodal Centre, TVM***



Let us Dream conference, organized by Christ University saw social change makers from various parts of the society explaining their success stories to the youth to aspire them to make bigger social changes.

05 February 2020 – Katharsis- India Habitat Centre, New Delhi




**KATHARSIS**  
- stories heal -


Death comes to us when it does.  
But what happens when we walk voluntarily towards it?

In this session of Katharsis,  
we try and look at suicide from different perspectives,  
even as we reaffirm our belief in the preciousness of human life.


**Speakers**



**Sherin Noordheen**  
Founder-Director, Let's Live




**Shekhar Hattangadi**  
Filmmaker & Professor of Law




**Ashis Roy (PhD)**  
Psychotherapist & Faculty, AUD

2 special guests, who will speak anonymously



February 5, 2020  
7 pm  
Gulmohar Hall, India Habitat Centre



Katharsis, organized by The Red Door, was an event that looked at suicide from different perspectives including that of a psychotherapist, film maker and people with lived experience of mental health issues.

13 February 2020 – Sail Through Adversity- The Reading Room, TVM



LET'S LIVE FOUNDATION DAY SPECIAL EVENT

LEARN TO SAIL  
THROUGH  
ADVERSITY

FEB 13, 2020 5PM TO 7 PM  
THE READING ROOM, TRIVANDRUM



Let's Live celebrated its third year Foundation Day event on February 13, at The Reading Room Trivandrum with a special session on 'How to better prepare Ourselves for Adversities in

Life". The session saw 24 participants learning how to use Structured Problem Solving (SPS) to solve personal problems that cause distress.

*14 February 2020 - Mental Health Awareness - All Saints College, TVM*



Open conversations about mental health and adolescent issues at All Saints College conducted by NSS unit saw enthusiastic participation of 60+ youngsters. We discussed about the problems that push young girls to contemplate about suicide and learnt how to use Structured Problem Solving for solving these problems.

*02 March 2020 - Mental Health Awareness-NIT Calicut*



A session held at National Institute of Technology Calicut saw 30 young adults discussing methods on how to use analytical brain to solve Emotional Problems; Unlearning ABC-

Accelerator, Brake, Clutch and Learning ABC - Antecedents, Beliefs, Consequences; Learning how to break out of Negative triads of Thoughts- Feelings and Actions and how to counter a negative thought with a positive self-talk.

### COVID-19 and Lockdown

As we were starting our work, something unforeseen happened which shifted our entire focus and priorities. The Pandemic caused by Covid-19 and subsequent lock down has made us re-work on our priorities. So we decided to put a pause on Media Sensitization. Instead we started working on spreading awareness about building Mental Immunity during this Pandemic.

- We started a series of vlogs for this cause. Click [here](#) to watch
- We collaborated with Humans of Kerala to conduct 3 online sessions on Zoom to discuss about various mental health issues caused by lock down and uncertainty caused by Covid-19
- We collaborated with EAT at Trivandrum to conduct an online session on Instagram to discuss about various mental health issues caused by lock down and uncertainty caused by Covid-19

### Way Forward

The Covid-19 situation that we are facing at present is something that is new and unknown to our generation so far. It is a good learning experience to build gratitude and to appreciate things that were hitherto taken for granted. Now we are in the process of seeing the lockdown being lifted, keeping the social distance, using masks and washing hands are considered to be essential steps to prevent our body from contracting the corona virus. While our entire focus is directed towards protecting our body, we shall not forget about the role our mind plays in building up the immunity. However healthy your body might be, if your mental immunity is compromised, it defies the entire purpose.

Along with social distancing, masks and washing hands, try to keep a positive attitude, do physical exercise, eat healthy, be grateful for the little things you have, be kind and compassionate towards those who suffer from covid-19, adapt your routines and life to new situations.

Be Responsible - socially, physically, mentally and emotionally. We are here to provide you with all the information and resources to help you sail through this uncertain period.

Hang in there. This too shall pass!

**Sherin Noordheen**

Founder- Director

**19 May 2020**

Thiruvananthapuram, Kerala