



# LET'S LIVE

Although the world is full of suffering, it is also full of the overcoming of it

- Helen Keller

The second half of 2020 saw two major projects of Let's Live. First one was about Mental Health Awareness from the perspective of how Media influences the mental health of youngsters. Second was to provide a non-judgemental and open platform for people living with mental health issues to share their stories of resilience which would inspire the youth who are struggling with various mental/emotional health issues at present - especially in the wake of Covid-19.

## Major projects this year:

### 1. AUG: 13 Reasons Why Not

This August, on popular demand, we examined the famous book/Netflix series **13 Reasons Why**, the mental health aspects mentioned in the book/series and share our thoughts and concerns and talk about many reasons WHY NOT. This was a 5 day session. Each day we talked about different events that push adolescents to contemplate about suicide.

1. 1 Aug 2020 - In the introductory part of this session, we discussed the influence media has on adolescent mental health and examined it via 13 Reasons Why. A lot of youngsters associated this series with darkness, suicide and expressed concerns about how to help their peers.
2. 8 Aug 2020 - We discussed Self Harm and Suicide and how to handle it
3. 15 Aug 2020 - We discussed Bullying and how to handle it
4. 22 Aug 2020 - We discussed Sexual Assault and how to handle it
5. 29 Aug 2020 - In the last part of this series, we talked about Drugs and Alcohol Abuse and how to handle it. We also shared our changed perspective about media's influence on mental health and reiterated the reasons for WHY NOT.

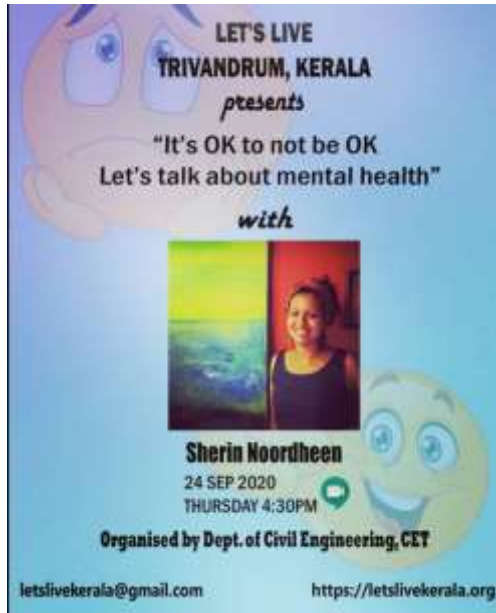
## 2. 10 SEPT to 10 OCT, 2020 - Survivor Series



From September 10: World Suicide Prevention Day to October 10: World Mental Health day, Let's Live presented the Survivor Series. To Live with Mental Health Issues requires a lot of Strength and Resilience. And it always helps to know more about those who have walked the same path as us. We presented the lives of 30 survivors from our surroundings. Their stories might be different but they share one thing in common: the survivor personality in action. Click [here](#) to read those stories.

## External Sessions this year

SEPT: CET - Two sessions on the importance of Mental Health



NOV: Sadgamaya Idukki - How to Raise Emotionally Healthy Children



## Let's Live @ the MEDIA

### KAPPA TV

 Let's Live  
October 14 · 🌐

Our Founder- Director, in conversation with Kappa TV  
<https://youtu.be/udZlvZ58Urs>




YOUTUBE.COM

**Kappa Prime Time - Ep 139 - Part 3 - Sherin Noordheen**  
Anchor: Cynthia Lavin Producers: Mahesh Kumar, Jibin Babu Editors...


Click [here](https://youtu.be/udZlvZ58Urs) to watch the video.

### The New Indian Express

 Let's Live  
October 14 · 🌐

"Open conversations surrounding mental health are required to eradicate the stigma. Participants in the survivor series have battled various issues. Those currently fighting the same can relate to the participants, thereby empowering them to open up," says Sherin. According to Sherin, resilience should be built to avoid suicidal tendencies. "A few participants are still fighting mental health issues."

<https://www.newindianexpress.com/.../a-safe-space-for...>



NEWINDIANEXPRESS.COM

**A safe space for survivors**  
Kerala-based Sherin Noordheen has always been one to address m...

Click [here](https://www.newindianexpress.com/.../a-safe-space-for...) to read the complete article.

## Way Forward

2020 was a year filled with changes and each of us struggled differently to cope up with various changes in routine, interpersonal relationships, health, etc. We are still in the process of learning to adapt to a lot of changes in a short period of time - from social distancing to improving both physical and mental immunity, wearing masks, sanitizing hands, taking anything and everything online. This year was all about staying afloat without sinking. The major task was to stay healthy and to stay alive.

Hope the coming year will see us change for good; inculcating positive habits and staying much more positive and working towards improving the Adaptability Quotient. Let's Live projects will follow the same route - adapting to the social situations in spreading the positive Mental Health Culture and encouraging open conversations.

Wishing everyone a Merry Christmas and a Resilient New Year!

Happy 2021!

**Sherin Noordheen**

Founder- Director

**28 December 2020**

Thiruvananthapuram, Kerala