



“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.” - Khalil Gibran

Every year since the inception of Let's Live, we have selected a theme which guided majority of our work through out that year.

- In 2018, as we started Let's Live, our focus was to spread awareness about Mental Health (Projects: Monsoon Café, Mental Health Champions, etc.).
- Our major focus in 2019 has been to encourage Open Conversations about Mental Health (Projects: Monsoon Café, The Orange Room, etc.).
- In 2020, there were 2 themes viz. Theme 1: Media Sensitization about Mental Health (Project: 13 Reasons Why Not (online sessions based on the book/series -13 Reasons Why- that discusses suicide and mental health issues in the youth); Theme 2: Mental Health during COVID times (Project: Survivor Series (First-hand experience sharing of people from across the country on overcoming mental health issues and the need for resilience).
- In 2021, the theme was Growing by Sharing where our prime focus was to help/ assist/ mentor aspiring Mental Health Advocates to start their own Mental Health Projects in Kerala.
- In 2022, our focus was to spread mental health awareness via various social media projects and campaigns along with regular community-based awareness programs and corporate programs.



Let's Live Foundation Day Event: Mind Body Awareness Session for Young Women

Let's Live celebrated its Fifth Foundation Day Event by conducting a Mind-Body awareness session for young women in the rural community in Kochi on 12 February 2022. The event which was held at Café 'N' Diaries, North Kalamassery, Ernakulam saw an active participation of about 10+ young women in the age group of 15-21. The session focused primarily on self-awareness, how changes in mind affect the body and vice versa, mental health in digital era, etc. with discussions and role plays on how to handle conversations about Mental Health



Mental Health Awareness Programs in the Community



As part of spreading awareness in the community, Let's Live conducted an awareness session for children in the age group of 11- 16 on 2 October 2022. The event named as *Varnakkoottu* was facilitated by Anganwadi next to Let's Live registered office. The session focused primarily on Social Media (Mis)use where we educated the children about what Social media is, held role plays on how to get to know each other on real world vs. how social relationships are formed in virtual world, the dangers of social media and how and when to contact helplines such as Childline (1098).

Corporate Mental Health Awareness Programs

As part of spreading awareness in the corporate community Let's Live conducted an online awareness session for employees of Speridian Technologies, Trivandrum on October 10, World Mental Health day. The session saw an active participation of 130+ employees from various locations and actively engaging with questions and sharing their experiences.



Speridian
WORLD
Mental Health Day
LET'S MAKE MENTAL HEALTH A PRIORITY.

A topic that has come to the forefront in the recent past that is very important to talk about openly without apprehensions or bias, is the topic of MENTAL HEALTH.

This year, on World Mental Health Day, let us have these important conversations that will enable us to be a better place to work, in-turn making it a happy place to work.

Join us as we have an expert in the field talk to us about how to cope with the daily stresses of life and take tips on to make our mental health a priority.

Date: 10th Oct 2022 | **Time:** 05:00 PM to 6:00 PM | **Duration:** 40 - 50 Min + 10 Min for questions

ABOUT SPEAKER

Sherin Noordheen is a Mental Health activist and Founder -Director of Let's Live, a non-profit organization wor for youth suicide prevention. (<https://letsivekerala.org/>)

Sherin holds a bachelor's degree in Computer Science and Engineering, Post Graduate Diploma in Journalis master's degree in Social Work and is a certified Yoga teacher. She is a Consultant at Digital University Kerala.

[Click here to join the session](#)

MENTAL ILLNESS

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

The Mental Healthcare Bill, 2016 defines mental illness as "a substantial disorder of thinking, mood, perception, orientation, or memory that grossly impairs judgment, behaviour, capacity to recognise reality, or ability to meet the ordinary demands of life, mental conditions associated with the abuse of alcohol and drugs."

Mental Health Awareness Programs via Social Media

As part of spreading awareness via Social media we created various posters and videos which was circulated on our [Instagram](#), [Facebook](#) and WhatsApp(+91 8078944613) as well as many resources were added on our [website](#).

Way Forward

One of the major goals of Let's Live is to cut down the stigma associated with Mental health issues by encouraging open conversations. We have been working passionately for the past 5+ years in the Kerala Community focusing primarily on this mission. We have been fortunate to touch a lot of young lives and encourage them to seek help and take care of their mental health. We hope to touch many more lives in the coming year as well.

Wishing everyone a very healthy, happy and peaceful new year.

Happy 2023!

Sherin Noordheen

Founder-Director

11 January 2023

Thiruvananthapuram, Kerala

