

# STOP THE STIGMA

**it's okay to ask for help.**

“That’s the stigma, because, unfortunately, we live in a world where if you break your arm, everyone runs over to sign your cast, but if you tell people you’re depressed, everyone runs the other way. That’s the stigma. We are so, so, so accepting of any body part breaking down, other than our brains. And that’s ignorance. That’s pure ignorance. And that ignorance has created a world that doesn’t understand depression, that doesn’t understand mental health.”



Every year, most of us go for physical checkups. Blood tests, urine tests... But why didn't we do the same for our brain? To be exact, our mental health? Many of us think that mental illness is a sign of weakness. But mental illness, such as depression or anxiety can be as common as a fever! It can affect anyone, even those who are physically fit and healthy. To put it into statistics, every 1 in 3 persons are suffering from mental health issues! Our health is not just about body fats percentage or six packs shortcut, it is also about our minds too.

Reasons... why mental health matters? There is no health without mental health! The world health organisation defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health is vital to individuals, families and societies! Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

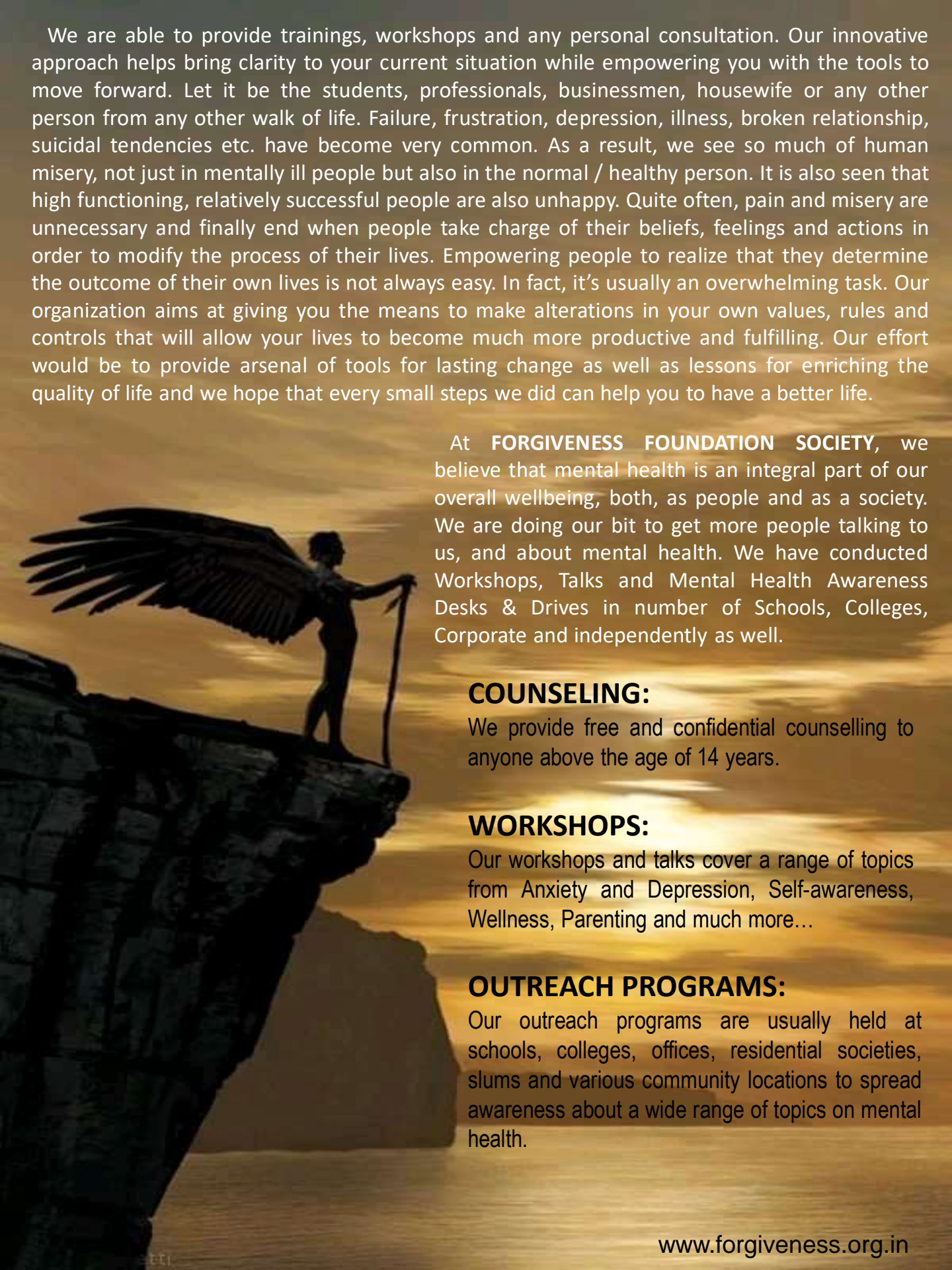


Mental health is determined by socioeconomic and environmental factors! Mental health and mental illnesses are determined by multiple and interacting social, psychological and biological factors, just as health and illness in general. Mental health information and awareness must increase! Having an information and awareness about mental illness can help those people experiencing it feel that they are not alone on their way to recovery. This can make the society more informed and accepting about mental illness. In life, lots of people know what to do, but very few people do what they know. Knowing is not enough! One must act; one must take a step forward or move in the direction one wishes to go with definite aim in mind.

**FORGIVENESS FOUNDATION SOCIETY** is a registered not for profit organization committed to work for better mental health of people and addressing mental health needs of the community to make a healthier nation even before of its inception in January 2020. We are working relentlessly with a range of issues related to mental health. It is needless to say that holistic health is incomplete without mental health. There is growing evidence that mental health issues have escalated deep into the society due to various reason. Not only in India, but the mental health issue is matter of grave concern across the globe also. The stigma associated with mental health issues and lack of awareness among people is one of the major reasons due to which larger portion dealing with them remains untouched. The stigma regarding mental health issues cannot be uprooted unless people will not accept the issues. We are gradually working towards positive direction day by day with help of your love, affection and generous support.







We are able to provide trainings, workshops and any personal consultation. Our innovative approach helps bring clarity to your current situation while empowering you with the tools to move forward. Let it be the students, professionals, businessmen, housewife or any other person from any other walk of life. Failure, frustration, depression, illness, broken relationship, suicidal tendencies etc. have become very common. As a result, we see so much of human misery, not just in mentally ill people but also in the normal / healthy person. It is also seen that high functioning, relatively successful people are also unhappy. Quite often, pain and misery are unnecessary and finally end when people take charge of their beliefs, feelings and actions in order to modify the process of their lives. Empowering people to realize that they determine the outcome of their own lives is not always easy. In fact, it's usually an overwhelming task. Our organization aims at giving you the means to make alterations in your own values, rules and controls that will allow your lives to become much more productive and fulfilling. Our effort would be to provide arsenal of tools for lasting change as well as lessons for enriching the quality of life and we hope that every small steps we did can help you to have a better life.

At **FORGIVENESS FOUNDATION SOCIETY**, we believe that mental health is an integral part of our overall wellbeing, both, as people and as a society. We are doing our bit to get more people talking to us, and about mental health. We have conducted Workshops, Talks and Mental Health Awareness Desks & Drives in number of Schools, Colleges, Corporate and independently as well.

### **COUNSELING:**

We provide free and confidential counselling to anyone above the age of 14 years.

### **WORKSHOPS:**

Our workshops and talks cover a range of topics from Anxiety and Depression, Self-awareness, Wellness, Parenting and much more...

### **OUTREACH PROGRAMS:**

Our outreach programs are usually held at schools, colleges, offices, residential societies, slums and various community locations to spread awareness about a wide range of topics on mental health.

**HELP SPREAD AWARENESS  
ABOUT MENTAL HEALTH.**

**TO CONTRIBUTE PLEASE VISIT:  
[WWW.FORGIVENESS.ORG.IN](http://WWW.FORGIVENESS.ORG.IN)**

 **Forgiveness** 

**Foundation** Society

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