

1. Project title: Share your story

Project Owner: Outreach team

Project Background:

Despite growing awareness, many individuals still face barriers in seeking help with regards to mental health due to stigma or lack of understanding. Recognizing this need, Mpower aims to bridge the gap by initiating a project that enables individuals to share their mental health stories, thereby fostering empathy, understanding, and support within communities.

Objective of the Project:

The primary objective of this project is to accompany the Mpower Outreach team members to client locations and where volunteers can share their personal mental health journeys. By sharing authentic experiences, volunteers aim to inspire hope, reduce stigma, and encourage individuals to seek support for their mental well-being.

Deliverable:

Volunteers participating in this project are expected to share their mental health stories by writing about it or as a part of Mpower's outreach sessions either inperson or virtually.

Volunteer Profile:

- **Required Skill Set:** Public Speaking
- **Qualification:** None
- **Experience:** No specific experience required
- **Languages Known:** English, Hindi
- **Attributes:** Willingness to openly share personal mental health experiences
- **Location:** Any location

Project Details

- **Duration:** Each session will span approximately 3 hours.
- **Project Period:** The project will extend over a period of 6 months.
- **Time Commitment:** Volunteers can commit to participating in sessions for 2 months, 4 months, or the entire 6-month duration, based on their availability and interest.
- **Type of delivery:** Onsite/Virtual