



ADITYA BIRLA EDUCATION TRUST



Championing Change

*Mpower's Impact on Mental Health
over the years*

WHO WE ARE

The Aditya Birla Education Trust marks the foray of the organization into the field of education. Since its inception, it has always strived to nurture young minds. Aditya Birla Education Trust is a body registered under the Bombay Public Trusts Act 1950 at Mumbai.

Dr. Neerja Birla is the Founder and Chairperson of the Trust. The Trust consists of five units:



Aditya Birla Education Trust

VISION

Mpower was born with the aim to **#StampOutStigma** and encourage open dialogue around Mental Health, so that individuals could have the right to a fulfilled life, sans any bias, discrimination, or shame - regardless of socioeconomic boundaries.

Mpower hopes to bring about a change in the public perception regarding people coping with mental health concerns and facilitate recovery without facing discrimination or shame, while simultaneously affecting policy and public life change.

Our mission is to empower individuals and their families with mental health concerns by creating awareness and alleviating stigma; advocating prevention, fostering education, and providing world-class holistic services so that they may lead meaningful and productive lives with respect and dignity. We achieve this by



Creating Awareness



Fostering Education



Advocating Prevention



Providing Services

MISSION

Our Mission to #StampOutStigma around Mental Health is achieved through the following five verticals:



Mpower - The Movement

- Ride to Mpower
- World Suicide Prevention Day
- World Mental Health Day
- The Happy Place
- GenM & The Mpower Fest
- #SpeakUp with Mpower
- Art Express
- Be the Change



Mpower - The Centre

- Mumbai
- Bengaluru
- Kolkata
- Pune

Mpower - The Foundation

- Mumbai

The Mpower Cell

- **BITS Pilani**, Goa
- BITS Pilani, Pilani
- BITS Pilani, Hyderabad
- BK Birla College, Kalyan



• IGNITE

- School Workshops
- College Workshops
- Employee Workshops
- Youth Mental Health First Aid Training
- Mental Health Literacy Program
- Dishaa Training
- Workshops with NGOs



The Mpower Hub

- Project Mpower Echo
- The Mpower Conclave
- Minds Matter



Mpower 1 on 1

- Helpline
- Live Chat

IMPACT

Our locations - Clinical



We are present in 7 cities in India.

Our **Centres** are located in **Mumbai, Bengaluru, Kolkata & Pune**.

Our **Foundation** is located in **Mumbai**, where we offer **affordable mental health services** to those in need.

Our **Cells** are located in **Goa, Pilani, Hyderabad & Kalyan**, where we offer mental health services to the residents of the **BITS Pilani campuses**.

We run mental health cells in various corporates, NGOs & government schools, where we provide mental health counselling to those in need.



With the onset of the pandemic, our services* are being offered online as well as offline for all our clinical beneficiaries.



24x7 Mental Health Helpline in collaboration with Brihanmumbai Municipal Corporation & the state government of Maharashtra.



1,02,292
unique calls



3,549
unique chats

IMPACT

Special Projects & Outreach

Apart from clinical services, we also offer clinical interventions to particular groups of individuals, along with government bodies and corporates groups. Our aim is to ensure mental health services are available & accessible by all.



5,500+

Workshops & capacity-building programmes conducted.

1.35 lac +

individuals benefitted through school, college & corporate workshops & seminars.

6 lac +

lives have been touched through our school, college & corporate workshops & seminars.

1,000+

individuals (victims of abuse, violence, rape and perpetrators of crime) have been counselled & offered mental health support with **Project Saksham**, a joint initiative with the **Mumbai Police**.

Mumbai, Maharashtra

6,500+

individuals have benefitted through clinical services & workshops via **Project Samvedna**, a joint initiative with the Government of **Maharashtra** with the objective of increasing mental health awareness in rural areas.

Jalna District, Maharashtra

5,500+

individuals have benefitted through clinical services, workshops & helpline services via **Project Mann**, an initiative for the **Central Industrial Security Force** to help increase mental health awareness, provide support and to build capacity of the professionals.

(Mumbai Airport & New Delhi Airport)

2,00,000+

students have benefitted from **Project Oorja**, a joint initiative with schools of **Municipal Corporation of Greater Mumbai** where we are training over **10,000+ teachers** to identify the signs & symptoms of mental health concerns in children.

Mumbai, Maharashtra

COVID-19 & Mental Health

Mpower's impact during the global pandemic

Support frontline - COVID Warriors

Mental health counselling and structured therapy to 200K+ frontline heroes such as law enforcement personnel & healthcare workers and their families.

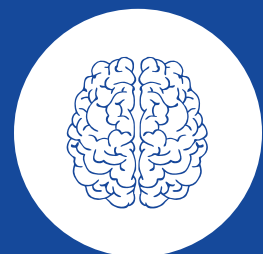


Mental Health Awareness sessions

1000+ online seminars conducted free-of-cost on mental health awareness across India, in collaboration with various NGOs, educational institutions, and corporates, which impacted the employees as well their families. The community health workers working closely with the NGOs were also catered to.

24x7 Mental health helpline

A multilingual toll-free 24X7 mental health helpline to address mental health concerns during Covid-19 pandemic. Received 65,000+ calls from different age groups all across the country.



Minds Matter - Mental health curriculum for schools

25+ schools were offered to be trained free-of-cost to conduct the Minds Matter curriculum in their schools for better mental wellbeing of their students during the pandemic & online classes. 26,000+ students have benefitted from these sessions.

COVID-19 & Mental Health

Mpower's impact during the global pandemic

Capacity-building programmes for various target audiences

80+ capacity building programmes viz Youth Mental Health First Aid Training, Mental Health Literacy programme, Directive Intervention for Sustainable Mental Health Awareness conducted across various NGOs, schools, colleges in urban and rural locations during the pandemic.



Mpower e-clinic

A one-stop multidisciplinary mental health solution was initiated to bridge the mental healthcare gap in tier-2 cities in India and make it more accessible and affordable. It also provided support to the doctors to help extend mental health services to their patients dealing with various pandemic and non-pandemic related issues.

Mpower Hub - Training & upskilling health & community health workers in mental health

A platform for academic training to share scientific knowledge, impart clinical skills, and enhance best practices related to mental health enabling the healthcare workers to support mental health issues in the communities they closely work with.



Grief Support Groups

Mpower organized 100+ grief support groups for those who were dealing with a hard time due to the pandemic & the loss of their loved ones.



Aim to benefit over 2.5 lac. individuals in collaboration with 40 Primary Health Centres in collaboration with Government of Maharashtra

Under this project, we are closely working with 40 Primary Health Centres (PHCs) to aid the District Mental Health Programme (DMHP).

Our main objective is to increase awareness and outreach to rural areas through various workshops, high-quality clinical services and other community engagement activities.

1,334

psychiatric sessions

17,857

patients screened

Till October 2022





Aim to provide counselling services to victims of abuse & perpetrators of crime, in collaboration with Mumbai Police

An objective to provide counselling and mental health support to women who are victims of violence, rape, molestation or any such offence. At the same time, it will attempt to curb recidivism by counselling the perpetrators/suspects as well.

1300+

individuals counselled



Aim to increase mental health awareness, provide support to and to build capacity of the Central Industrial Security Force

With the current worldwide pandemic, our mental health has become most vulnerable and this is the time that we all talk openly about mental health and access the services without feeling any shame or fear of ridicule.

5000+

individuals benefitted



Aim to train over 10,000 teachers in collaboration with 1,138 MCGM schools which will impact over 2 lac. students in collaboration with Municipal Corporation of Greater Mumbai

Through Project Oorja, we ultimately aim to bring about an improvement in the mental well-being of school children. We shall accomplish this by:

- Creating Awareness around mental health concerns by training teachers on mental health literacy and mental health first aid.
- Providing clinical interventions by establishment of counselling cells in schools through our trained Psychologists.

*Sessions
Conducted*

146+ 17

MHLP YMHFA

*No. of
beneficiaries*

3063+ 295

MHLP YMHFA

*No. of
sessions*

9,639



Project Mann



Project Mann



Project Oorja



Project Oorja



Project Saksham

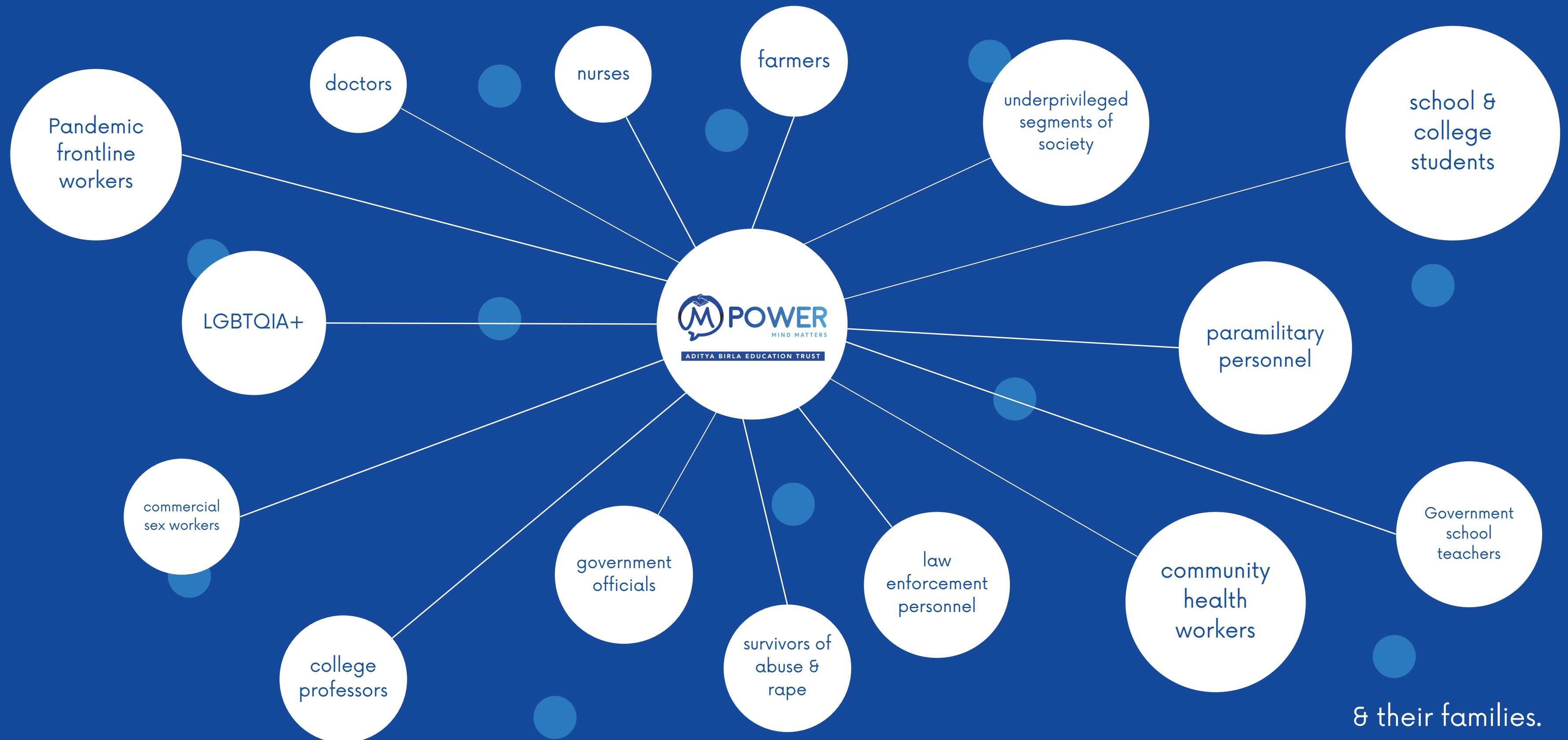


Project Saksham

20,000,000+
lives touched

Our Target Groups

Our clinical interventions & capacity-building programmes
have impacted the lives of many individuals



24x7 Mental Health Helpline

- On 3rd April 2020, **Mpower, along with the BMC and Government of Maharashtra**, launched a mental health helpline called 'BMC-Mpower 1on1' to assist callers facing mental health concerns due to the Covid 19 pandemic.
- A year later we also launched a 24 x 7 live chat facility to cater to those who wouldn't be able to find the privacy to make a call.

Our team of 20 therapists works on a rotational basis to help callers with concerns like anxiety, relationship concerns, work stress, suicidal ideation. For concerns that require long term therapy or psychiatric consultation, we liaise with our Centres to provide a smooth transition for the caller.



Apart from metros like Mumbai, Delhi and Bangalore, we also get calls from Tier 2 and Tier 3 cities like Pune, Lucknow, Jammu, Gulbarga, and Bhubhaneshwar.



Through Project Mann, we launched a dedicated helpline to provide emotional support to the CISF units of Mumbai and Delhi airports. Outbound calls were made to each personnel to proactively enquire about their emotional well-being and stress levels and assist them with coping skills for the same.

From the Chairperson's Desk

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence – Helen Keller

In the recent years, we've really seen a paradigm shift in the field of healthcare with an increased focus on health and fitness beyond just curing illness and instead on actively working towards a preventive, holistic lifestyle. A healthy body needs a healthy mind and finally, the spotlight is on mental health as well.

In India, the Mental Health Act was passed in 2018 and is in the final stages of implementation across 29 states. While these are great steps in the right direction, deep-rooted stigma, lack of awareness and lack of access to mental healthcare stand in the way of any true progress.

Mpower is an on-going endeavour to be the movement to affect that change and we are determined to keep chipping away at this resistance in our humble way.

Do join our mission so that together, we can work towards creating a sound ecosystem for mental health in India – so that we can become a stigma-free society where mental healthcare and well-being is a priority for everyone.

Let us
#StampOutStigma together.

Dr. Neerja Birla





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Mumbai | Bengaluru | Kolkata | Pune | BITS Pilani | BITS Goa | BITS Hyderabad | Kalyan
mpowerminds.com