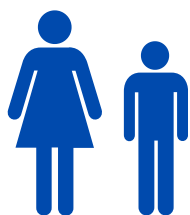


Demographics



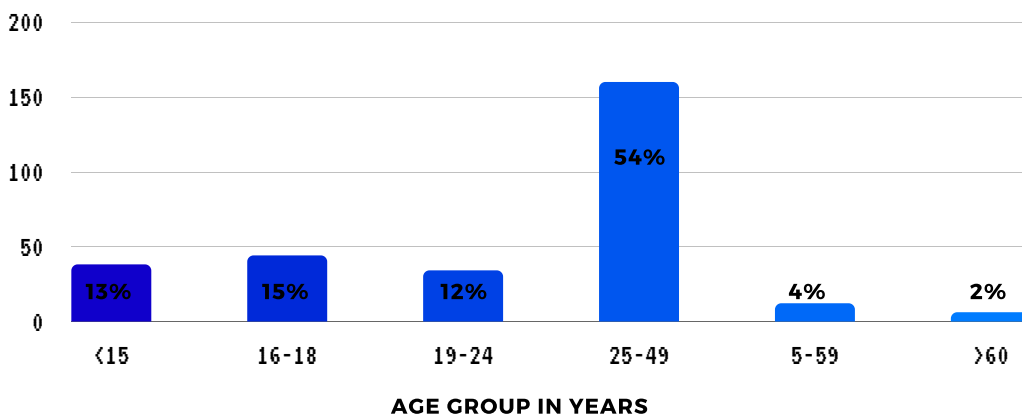
60% 40%

Among 560 people, majority of them were Brahmin/Chettri i.e. 42% followed by Janjati.

Likewise, 16% belonged to Muslim community.

47% of the them came from Bagmati province.

AGE WISE DISTRIBUTION



560

people from all 7 provinces were reached via individual counselling, group sessions, helpline service and research.

INDIVIDUAL COUNSELLING AND HELPLINE

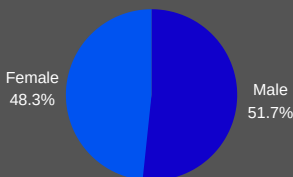
In a period of 3 months, a total of 161 cases were new and 70 were follow up cases.

Individual Counselling

Total Clients: 170
 Total Session: 346
 VAW cases: 5
 Domestic Violence Cases: 70
 Referred to Legal Support: 29
 Psychiatrist: 21

Group Intervention

Total Clients: 60
 Total Groups: 8
 Total session: 86



Help line

Total Clients: 61
 New cases: 50
 Follow up cases: 11

Average duration of call (before pandemic): 9min

Average duration of call (after pandemic): 30min

Here, 30% of the clients enrolled in individual sessions or helpline service were referred by the governmental bodies and 30% were linked to the service by themselves. Similarly, 17% clients were referred to legal support and 12% were referred to psychiatrist.

Besides, we have also provided Training for Trainers (TOT) based on NHTC Module-2 to 7 psychiatrists and 6 days training based on NHTC Module-2 to 12 health workers.

A workshop was arranged targeting policy makers aiming to build capacity of policy makers, planners and managers to strengthen mental health system and services in Sudurpaschim pradesh. The total number of participant was 45.

A total of 8 research articles have been published in journals with high impact factor from January 2020 till date.