



# THE FOURTH SUNRISE

## OUR TEAM

**Saatvik Das** - Project Leader

**Siddhant Singhania** - Technical Director

**Aayan Gupta** - Graphic Designer

**Reya Mathur** - Social Media Manager

**Tvisha Raj** - Editor

## THE PROBLEM

According to Prof. Carrie Beardon, the maturational changes in teenage brains make them vulnerable to anxiety disorders, body image issues, etc.

Unfortunately, the symptoms of these illnesses are often associated with hormonal fluctuations and are rarely recognized.

In countries like India, mental health is often disregarded. A lot of households attribute the symptoms of a mental disorder to bad attitudes or hormones and children are left feeling isolated and confused.

## OUR AIMS

Providing teens with a safe space to connect with others who may be battling with similar mental illnesses

Creating a website with information, discussion groups, blogs and expression boards relating to the pandemic, autism, stress, eating disorders, anxiety, depression, etc.

Destigmatizing unstable mental health and illnesses in teenagers.

- Secured the help of psychologists Noora Sinha and
- Created our website: [website https://officialthefourths.wixsite.com/our-site](https://officialthefourths.wixsite.com/our-site)
- Established a social media presence.
- Started discussion groups via instagram. A lot of people reached out to us privately on instagram. Our

team talked to them, through video calls and text.

## ACHEIVEMENTS

# HIGHLIGHTS

We gained a deeper insight into mental health disorders.

We learnt the importance of good mental health for securing a sustainable future.

We understood the struggle of people unable to afford professional help and came up with different ways to try and help them.

We navigated the pandemic by scheduling regular interactions, ensuring open communication and supporting each other.

We got the opportunity to interact with mental health professionals.

We learnt to communicate in a professional capacity.

# WHO WE ARE

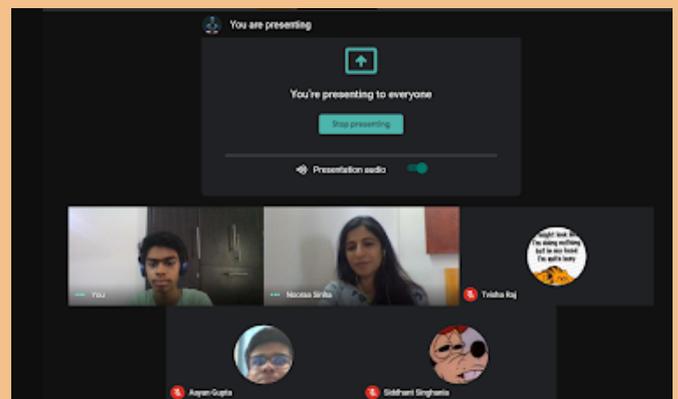
The Fourth Sunrise is an initiative that aims to address the stigma surrounding mental health and provide adolescents with a safe platform to discuss their struggles with mental health and mental illnesses. People can reach out to us, and our community via our website or social media.

# OUR IMPACT

1. We created surveys to receive feedback and gauge the impact of our project. These were posted on social media and our website.
2. We also asked everyone we connected with via calls or text groups whether talking to us was helpful.
3. We received constructive, positive feedback, and many teens chose to talk to us again.

# LOOKING AHEAD

1. We will focus on promoting our website.
2. We have begun talking to organizations like 'News Didi' and 'The Banyan Foundation', to promote our platform.
3. We will continue to create content for social media with the help of experts to ensure wider reach.
4. Our impact will be measured via audience response, foot traffic, and surveys.



Thank you guys! I must say you're doing an amazing job by talking about mental health. You don't know how much these tips help all of us.



Lots of love to the whole team!

