



# Holisticealers

-HERE FOR YOU-

## Team Members

Dhanvi Sayani - Executive Director

Sushma Shankar - Director of Social Media

Shanell Shetty - Director of Design

Lina Anwar - Director of Tech

Navya Jayaprasad - Director of Content



## SDG GOAL TARGETED

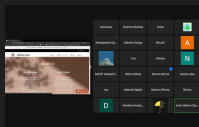


## WHAT IS HOLISTIC'EALERS-

We are a youth led organisation that aims to assist **teenagers to deal with their mental health struggles through a chatting service**, and by providing them with vital resources and information. Our Healers are trained psychology students who are the ones responding to the worries of teenagers. We look forward to creating a world where people can openly talk about mental health and find hope. We believe that no human is perfect, then why should the stigma around disordered mental health exist?

Our first step was to identify whether our solution was something teenagers around us were looking for. To do so we took a survey for both parents and students. **We received an overwhelming response of 191 teenagers and 132 parents on our survey where teenagers admitted that they face various mental issues in their daily lives and parents expressed their concern about the mental health of their child.** Through this we identified that we were targeting the right solution to the problem.

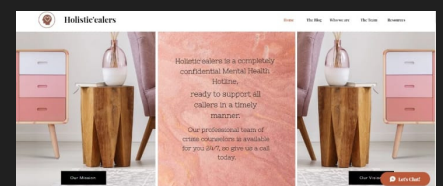
1. "How to deal with stress and anxiety as a teenager?" by our Healers who are medical and psychology students
2. "Introducing our website and chatting service" by team Holisticealers to teach teens how to use and access the chatting service whenever they require it
3. "Mental Health and Teenagers" a workshop by B. Josephine Sundhatra, a Psychological Counsellor working at the National Institute of Technology,
4. "No Filter Q/A session" hosted by Prachi Dhanky, a third year psychology student at the University of Waterloo, Canada.



We then created our Instagram page to raise mental health awareness and to promote our project. We currently have 151 unique followers on Instagram where we also post reels and interactive challenges like our mental health word search challenge.



Our website provides the teens and parents with various authenticated resources, blogs written by teenagers and the chatting service.



[https://www.instagram.com/holistic\\_ealers/](https://www.instagram.com/holistic_ealers/)



<https://holisticealers.wixsite.com/hereforyou>



[https://mobile.twitter.com/Holistic\\_ealers](https://mobile.twitter.com/Holistic_ealers)



<https://m.facebook.com/HolisticEalersOrganization/>

Globally, one in seven **10-19-year-olds experience a mental disorder, accounting for 13% of the global burden of diseases in this age group. Suicide is the fourth leading cause of death among 15-19-year-olds.** . These numbers are heart-breaking and being teenagers ourselves, we have not only faced situations we felt overburdened and hopeless but have seen our friends go through situations worse such as has anxiety and panic attacks, eating disorders, depression etc.

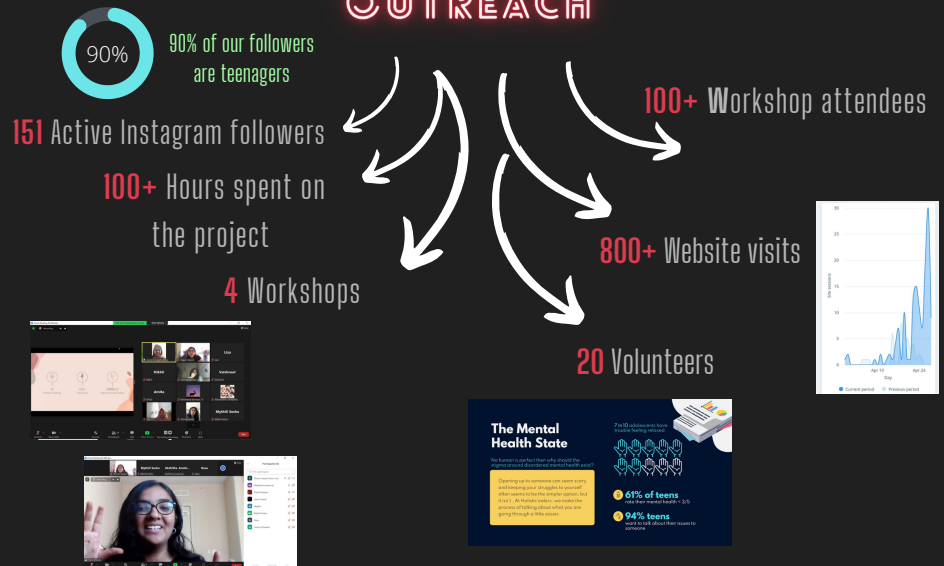


## Skills we gained

- Empathy
- Organisation Skills
- Leadership Skills
- Social Responsibility
- Problem solving
- Collaboration



## IMPACT AND OUTREACH



Support for the People of Determination  
We do realise that not only normal teenagers but teenagers who are determined in different ways also do feel low. Our next step is to extend out support to them as well

Workshops and Webinars- We are planning to hold more mental health workshops not only by our healers but also by professional counsellors and psychologists.

## Our future plans

Expanding the website - We are planning to add a section for our parents and meetings with a trained professional about once a month just to ensure that everyone is on the right track and none of the healers are getting emotionally affected by what they do

Awareness Campaigns - Apart from the Instagram interactive campaigns, our awareness campaigns will involve games, face to face campaigns etc.

## TESTIMONIALS -

**Mythili Seshu(Grade 12 psychology student)** -Holistic'healers is a great initiative which not only helps us grow to be empathetic human beings but also gives us the opportunity to help others in need of a friend. It is a truly novel idea which can change the choices that someone might make in a poor mental state.

**Prachi Dhanky(Third year psychology student at the University of Waterloo,Canada)** -Holistic Healers is an amazing initiative that will help de-stigmatize the topic of mental health in the Asian community by making it accessible for each and every person.

