

7.3 INSTITUTIONAL DISTINCTIVENESS

Portray the performance of the Institution in one area distinctive to its priority and thrust

Title of the Practice: “iCARE initiative” for mental health well-being in the campus

Objectives:

- Creating awareness about mental health & well-being
- Providing easy accessibility to specialists

Context:

As per World Health Organization, 1 in 5 young people suffer from mental health illness. Medical students in the age group of 17-19 years, start their journey in a new and unfamiliar campus. This transition phase is one of the most turbulent phases of students. In addition, post-pandemic status has challenged the world with new problems like internet addiction. To tackle these issues, iCARE initiative from BSGGIMS is one of its kind for creating mental health awareness.

The practice:

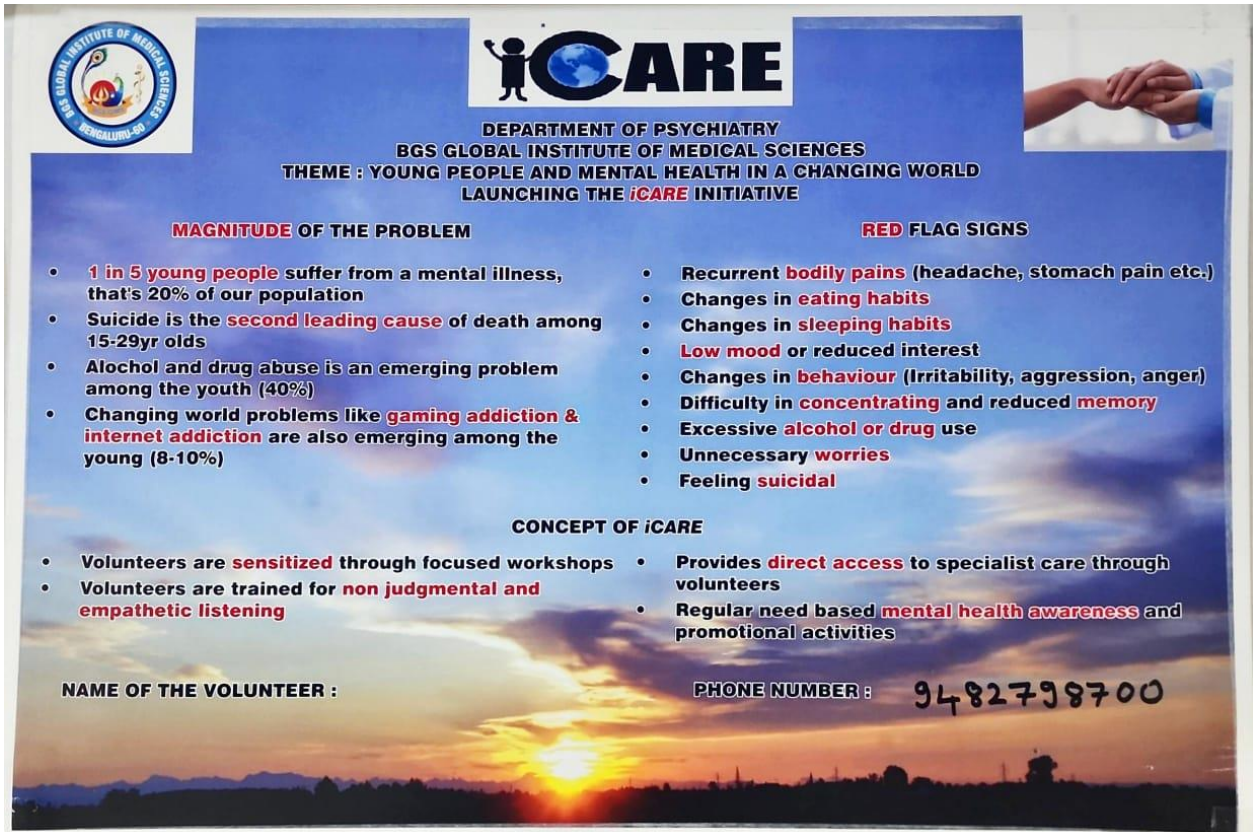
Creation of posters with information about common symptoms & red flag signs for early detection of mental health concerns. Also providing comprehensive mental health care & support to needy students is one of the primary aims of the initiative.

Evidence of success:

Around 5% of students have reached out to the Department of Psychiatry for help. Currently 20 students are actively being helped in the department.

Problems encountered & Resources Required:

Stigma attached to mental health issues was one of the reasons which hindered students from approaching the Department for help. Also having a central helpline number would be the road ahead for easy accessibility.



The poster features a blue background with a sunset scene at the bottom. In the top left corner is the logo of BGS Global Institute of Medical Sciences, Bengaluru. In the top center is the 'iCARE' logo, which includes a stylized figure holding a globe. In the top right corner is an image of two hands clasped together. The text is organized into several sections: a header with the department name and theme, two columns of bullet points under 'MAGNITUDE OF THE PROBLEM' and 'RED FLAG SIGNS', a 'CONCEPT OF iCARE' section with two columns of bullet points, and a registration form at the bottom with a handwritten phone number.

BGS GLOBAL INSTITUTE OF MEDICAL SCIENCES
BENGALURU-56

iCARE

DEPARTMENT OF PSYCHIATRY
BGS GLOBAL INSTITUTE OF MEDICAL SCIENCES
THEME : YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD
LAUNCHING THE **iCARE** INITIATIVE

MAGNITUDE OF THE PROBLEM

- **1 in 5 young people** suffer from a mental illness, that's 20% of our population
- Suicide is the **second leading cause** of death among 15-29yr olds
- Alcohol and drug abuse is an emerging problem among the youth (40%)
- Changing world problems like **gaming addiction & internet addiction** are also emerging among the young (8-10%)

RED FLAG SIGNS

- Recurrent **bodily pains** (headache, stomach pain etc.)
- Changes in **eating habits**
- Changes in **sleeping habits**
- **Low mood** or reduced interest
- Changes in **behaviour** (Irritability, aggression, anger)
- Difficulty in **concentrating** and reduced **memory**
- Excessive **alcohol or drug use**
- Unnecessary **worries**
- Feeling **suicidal**

CONCEPT OF iCARE

- Volunteers are **sensitized** through focused workshops
- Volunteers are trained for **non judgmental and empathetic listening**
- Provides **direct access** to specialist care through volunteers
- Regular need based **mental health awareness** and promotional activities

NAME OF THE VOLUNTEER : _____ PHONE NUMBER : **9482798700**