

ANNUAL REPORT

2019-20

YWP

You're
Wonderful
Project



INTRODUCTION

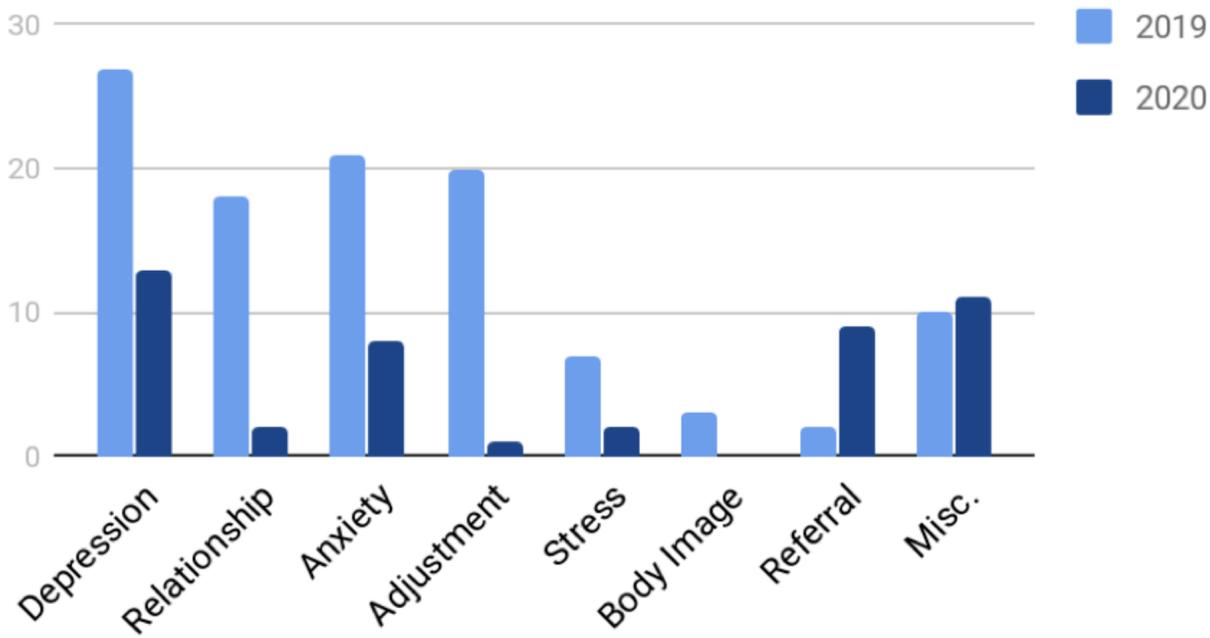
Started as a student-run organisation, You're wonderful project; works towards mental health awareness and accessibility. It tackles mental health-related issues and works towards removing the stigma around the same. The aim of the organisation is 4 fold which includes raising awareness, encouraging acceptance of mental health, promoting prevention and facilitating intervention. With a dedicated team of members from different walks of life, the organisation provides a forum for expression by individuals mainly through art, dialogues and articles that are research-oriented.



CAMPAIGNS AND EVENTS- 2019

- 1. SPEAK -** You're Wonderful Project; launched its pilot program for schools in Delhi NCR, S.P.E.A.K. - School Program For Emotional Acceptance and Knowledge. In its initial phase, the focus of the program was to start a discussion amongst school children about mental health and its significance, enabling the students to better understand and support themselves as well as their peers as according to WHO the highest number of cases take place between the ages of 15-29. In its subsequent phases, it focused on equipping teachers and parents with the essential skills to identify and address these concerns. Spanning across 2019, the campaign reached out to more than 50 schools across the city, enabling conversation around mental health amongst more than 15,000 students.
- 2. DISORDER DIALOGUES:** Appropriately named, this event included a dialogue of sorts between experienced researchers together with people living with mental disorders and more than 100 people who came to listen to both the technicalities and the experience of the disorders. A wide array of mental disorders including Depression, Obsessive-Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), Anxiety and Borderline Personality Disorder. In September 2019, YWP; organised and conducted the 2nd instalment of Disorder Dialogues. In January and February 2020, three editions of the Disorder Dialogues campaign were held.
- 3.** In October 21st, 2019, Net Impact Delhi University in collaboration with GirlUp Bhumi organised a seminar on Mental Health Awareness. You're Wonderful Project; was invited and represented by co-founders Akash Saxena and Akhilesh Nair, who spoke about the journey of YWP; and the importance of mental health in today's youth

Presenting Concerns



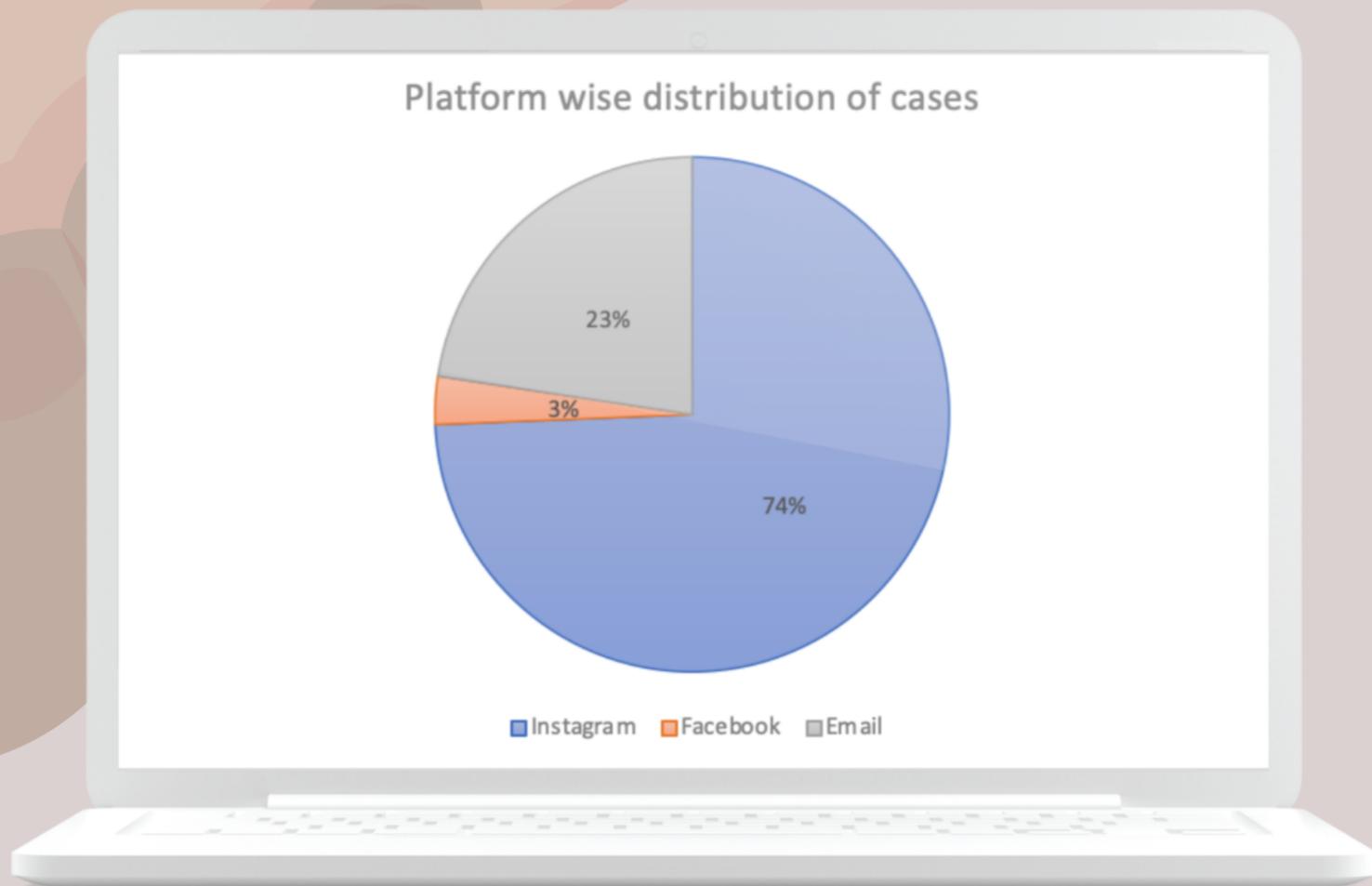
190+

People supported by text based Peer Support

Peer Support Analytics 2019-20

20+

Referrals to professionals



YWP

**You're
Wonderful
Project**

Research and Development

Published Papers 2019-20



Mental health awareness amongst school students across Delhi-NCR: A pilot study

Read it here



Perception on mental illness: Gauging perceptions of 15-65 year olds in Pan-India

Read it here