

Success Story



Savita is a 33 year old woman who has been struggling with depression for over six months.

Married to a taxi driver, Vipin, they are both very sad that they haven't had any children yet. When Burans staff first visited Savita at home, she hadn't been able to cook food, wash clothes or leave the house for several weeks due to her depression.

Burans community worker Rani, started visiting Savita weekly and spent time listening to her and counseling her. She also took her to a mental health doctor who started her on antidepressant medicines. Now two months later, she greets guests smiling and has resumed her responsibilities at home and beyond. Savita tells us: "I was feeling so sad and my whole family didn't know what to do with me. With the visits and help of Burans team, now things are going much better. It wasn't an evil spirit but a treatable illness I had."



How You Can Help

We need your help with funding. There are also opportunities for volunteering.

Contact Us

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About Us

Burans is the name of the rhododendron flower which spreads color and hope around the hillsides of Uttarakhand each spring.

Project Burans is a partnership project with Emmanuel Hospital Association (EHA) (www.eha-health.org) and the Uttarakhand CHGN Cluster. We are a partnership project led by Emmanuel Hospital Association, working with HOPE, Landour community hospital, SNEHA and OPEN, Burans is directed by Dr. Kaaren Mathias.



Project Burans
working with communities for mental health in Uttarakhand



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An EHA-CHGN partnership working with communities for mental health in Uttarakhand



OUR VISION

Communities in Dehradun district welcome people, including those who are mentally distressed and have knowledge and skills to be mentally healthy. People with mental disorders participate in family and community life and are supported by resources, care and skills to live life to the full.

OUR OBJECTIVES

-  To increase knowledge and skills in Mental Health for all community members.
-  To strengthen government services through capacity building, community monitoring and advocacy
-  To build knowledge and skills of Government community based workers (anganwaddi, ASHA, and ANM) in mental health
-  To support rehabilitation of people with mental disorders and their caregivers - including in developing their own pathways to wellness
-  To build resilience among young people and community members



Where We Work

Burans project started in three communities in 2014 with a target of 24,000 people in each (i.e. total of 72,000) in Raipur and Sahaspur blocks of Dehradun district, Uttarakhand. We also run

Youth Burans - a project focussed on building resilience among at risk youth in slums in Dehradun city.

Our baseline survey of 960 people in 30 randomized clusters found over 6% of the population live with untreated depression. Less than 10% of people with mental distress and disorders access mental health services. People most at risk for depression are those in poverty, with little education, with loans and poor housing and who are SC or ST. Most people have very low knowledge about mental illness. There is significant stigma and discrimination against people with mental disorders.



Achievements

In the first 9 months we identified over 300 people with mental disorders. We support all of these people and their families with careplans, facilitate access to care and skills building. There are many more but 300 is all we can respond to at the moment

Our teams have provided training in identifying and supporting families affected by mental distress to over 100 community leaders and Government health workers.

We have completed a 22 module youth resilience programme with over 400 young people attending government schools.



Testimonials

from young people and their parents

Nilofer

12 year old girl

“One of the things I learned in this course was setting small goals eg if there is something i want to do I need to take small steps toward this. Now I have got the idea that I need to say what I want to do specifically and then make plans to make it happen. Like we had to do a speech for our school prize giving and so I made a plan for how to do this and did some practising in front of my sister and parents so I was not so scared.”

Sanjay

14 years old boy

“On this course we learned how important it is to express our emotions. Like, my Dad was criticising me and I learned how to tell him how that made me feel. I could tell him that him scolding me in front of my friends makes me feel sad and useless.”

Raju

Father of 12 year old girl

“My daughter has become really responsible and following through something we asked her. Before she would get grumpy and irritable when we asked her to do something but she wouldn't explain why. Now she tells us if she has an exam so she can't wash the clothes or pots and we trust her more.”