

1^{IN} 10

INDIANS
WILL SUFFER FROM
MENTAL DISTRESS



IF TENSION OR TROUBLES ARE BECOMING
TOO MUCH FOR YOU OR YOU KNOW
SOMEONE WITH MENTAL DISTRESS

GO FOR HELP

TO GET HELP OR TO TALK TO SOMEONE



EMMANUEL
HOSPITAL
ASSOCIATION

ARE YOU FEELING TIRED OR HAVE
LITTLE ENERGY?

ARE YOU FEELING DOWN MOST OF
THE TIME?

ARE YOU FEELING LIKE THE FUTURE IS
HOPELESS AND BLEAK?

YOU MAY BE
SHOWING
SYMPTOMS OF
DEPRESSION.



DEPRESSION IS TREATABLE.
GO FOR HELP.

TO GET HELP OR TO TALK TO SOMEONE

AGGRESSIVE

ODD

39000

LAZY

DANGEROUS

CRAZY

SCARY

UNBALANCED

VIOLENT



EMOTIONAL

INSANE

PAGAL

MENTAL

SPIRIT POSSESSED

OUT OF HER MIND

**SHE IS A HUMAN TOO.
TREAT HER AS ONE.**

TO GET HELP OR TO TALK TO SOMEONE

Thinking about ending your life?
Reach out for help,
it's closer than you think.



Call

1860 266 2345

24 hours a day

7 days a week

To talk to a
trained counsellor

TO GET HELP OR TO TALK TO SOMEONE



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ASSOCIATION