Today, Mariam Center for Mental Health Services under the aegis of HELP Foundation organized an interactive workshop on World Mental Health Day-2016. The theme of the workshop was Psychological and Mental Health First Aid. The programme was started a key note address by the Director, Mariam Center for Mental Health Services. He stressed upon the need of psychological first aid trainings in Kashmir. In this regard HELP Foundation has been the first NGO which has initiated trainings on Psychological First Aid (PFA), where so far more than 80 professionals from health sector, education department, social work, counselors and representatives of various local and international organizations were trained.

During today’s programme a comprehensive presentation was made on “Mental Health First Aid” where a senior counsellor of the organization Mr. Wasim Rashid Kakroo elaborated on the theme. He discussed on relevance on Mental Health First Aid trainings in view of recent MSF survey reports and the current socio-political disturbance.

The participants from HELP Foundation, CHILDLINE 1098 India, MCMHS, LEGAL AID CELL, HANDICAP INTERNATIONAL and ASCENT group of studies participated including project directors, programme coordinators of department of students welfare, University of Kashmir, trustees, special educators, lawyers, psychologists, counselors and other team members.

The programme was highly appreciated by one and all and was concluded where all participants shared their personal experiences and a need was felt that we need sustainable awareness programmes about mental health issues and their early identification.