

# Think you know about mental illness?



SANIDHYA PSYCHIATRIC HOSPITAL PALANPUR  
SANIDHYA PSYCHOTHERAPY & COUNSELLING CENTER  
SANIDHYA PSYCHIATRIC AWARENESS CENTER

Supporting a Better Tomorrow...Today  
 **SANIDHYA HOSPITAL**  
Dr. NISHANT A. SAINI  
M.D.Psychiatry

## BATTLE FOR THE HEALTHY MIND

break the  
[si]lence.

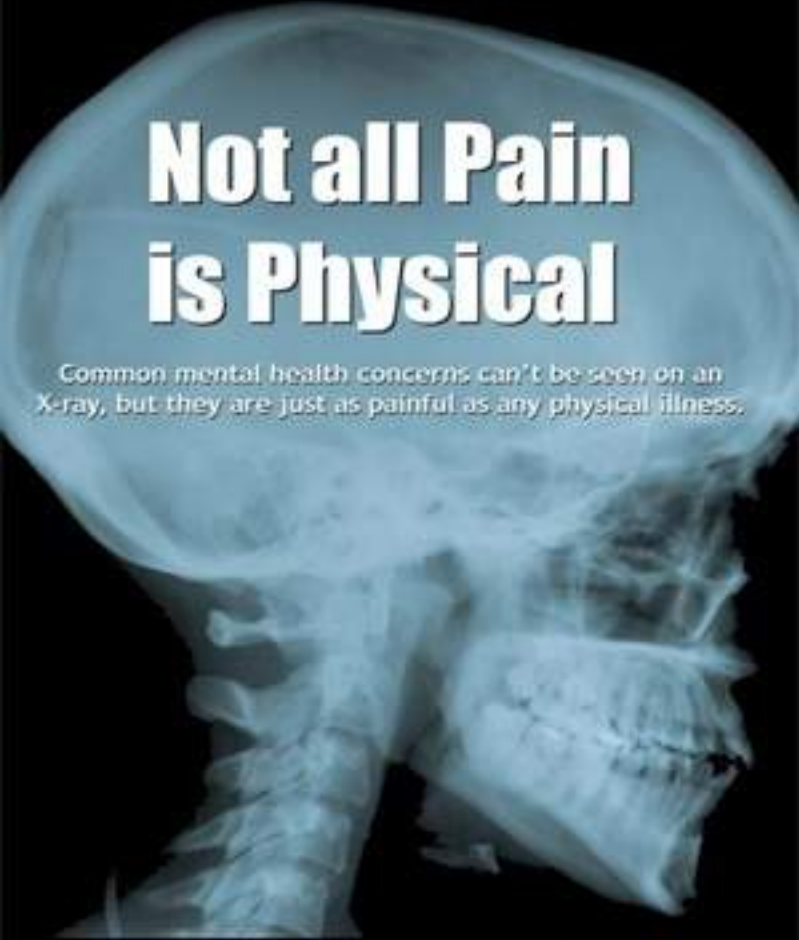
if you or anyone you know needs help, we are here.



**SANIDHYA PSYCHIATRIC HOSPITAL**

**C=02742-257666 M=0429922066**

**SANIDHYA HOSPITAL**



# **Not all Pain is Physical**

Common mental health concerns can't be seen on an X-ray, but they are just as painful as any physical illness.

If you are feeling sad, anxious, or overwhelmed,  
take an anonymous mental health assessment

**CALL US = 094299922066**

**MENTAL ILLNESS  
CAN AFFECT ANYONE**



**SUPPORT**

**MENTAL HEALTH  
AWARENESS**

**BATTLE FOR THE HEALTHY MIND**

**OPEN MINDS  
OPEN DOORS**

A silver key icon positioned between the phrases 'OPEN MINDS' and 'OPEN DOORS'.

**SANIDHYA PSYCHIATRIC HOSPITAL  
SANIDHYA PSYCHOLOGY CENTER**

**#MENTALHEALTHSTIGMA**

Start the Conversation Today!

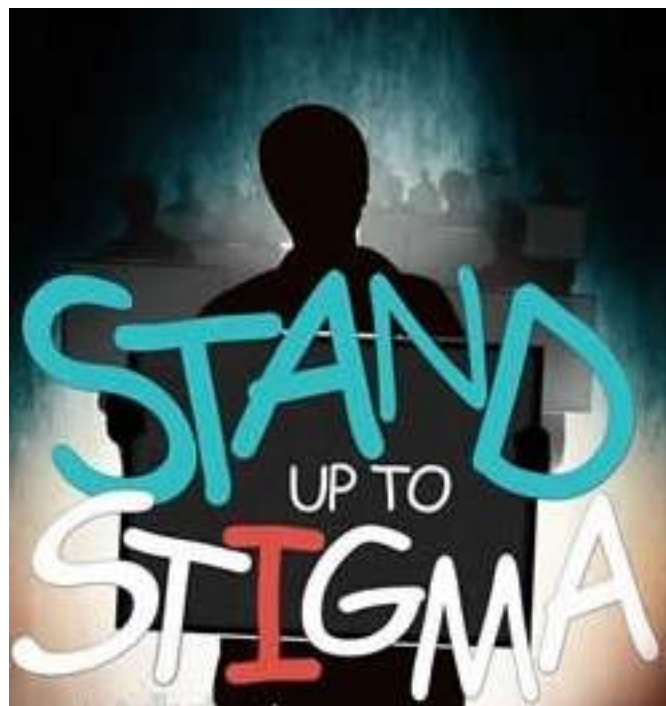


Mental Health  
*matters*

**SUPPORT MENTAL HEALTH AWARENESS**



**BATTLE FOR THE HEALTHY MIND**





Maternal Mental Health

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SANIDHYA PSYCHIATRIC AWARENESS CENTER

**Dr. NISHANT A. SAINI** M.D. PSYCHIATRY  
# CONSULTING PSYCHIATRIST # DEADDICTION SPECIALIST # SEX THERAPIST

## Are you enjoying pregnancy or being the mother of a new baby?

If you answered **"No"** to this question, you might be depressed.

Having several of the following symptoms for more than two weeks could mean you are depressed ...

- Less interest in things you usually like
- Crying for no reason
- Irritable, angry, or more sensitive
- More tired or hyper
- Not sleeping or sleeping too much
- Problems concentrating
- Not able to cope
- Anxious or panicked
- Thoughts of harming yourself, your baby, or others

If you think you might be depressed, talk to someone, ask for help.

Contact:

- A health care professional - your doctor, nurse, or midwife
- CONTACT=C=02742-257666  
M=09429922066

Depression is **treatable** and **there is help!**

**SANIDHYA PSYCHIATRIC HOSPITAL**

**Dr. NISHANT A. SAINI**

M.D. Psychiatry

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**MotherFirst**

**BATTLE FOR THE HEALTHY MIND**

**MENTAL ILLNESS  
CAN AFFECT ANYONE,  
ANYTIME**

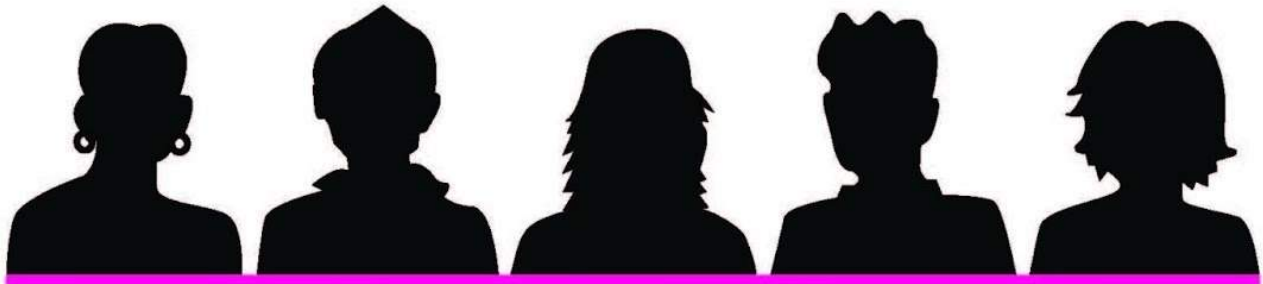


**WHAT YOU DO MAKES  
THE DIFFERENCE**

**SANIDHYA PSYCHIATRIC  
AWARENESS CENTER PALANPUR**



# Everybody knows somebody



**Eating disorders are more common than you think.**

This serious mental illness is affecting someone you know right now.

You can help whether it's your girlfriend, a work colleague, your best friend or your brother – reach out, talk to them and get support.



*Sanidhya Psychiatric Hospital*

**BATTLE FOR THE HEALTHY MIND**

**BATTLE FOR THE HEALTHY MIND**

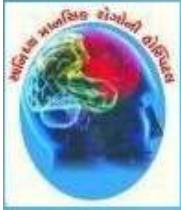
**Even your heroes  
suffer**



**Mental illness can affect  
any one of us...at any time.**

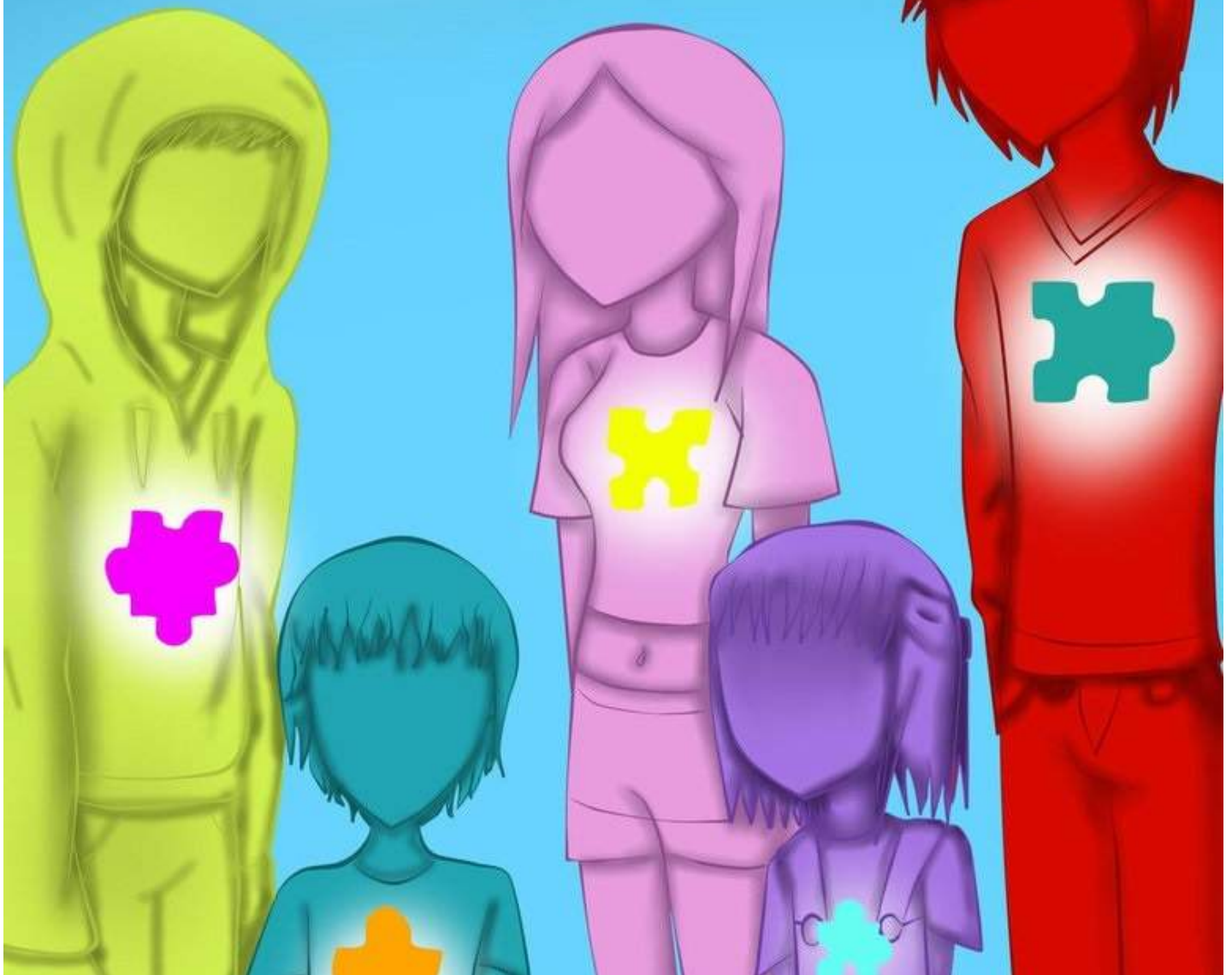
**SUPPORT MENTAL HEALTH AWARENESS**

# BATTLE FOR THE HEALTHY MIND



*Autism Speaks.  
It's time to listen.*

*We're not alone...*



# SUPPORT MENTAL HEALTH AWARENESS

If you need someone to talk to about your issue, please come to the subjects. Our reps will make sure you are fully covered.

Keep Safe Connections in School (instead of important contact numbers)

Suicide Program - 24/7 Helpline Services	411-3676
Priddy, DMS and Family Services (1-800-955-9827)	411-3676
OSHA (Occupational Safety and Health)	800-368-5868
National Suicide Prevention Lifeline	1-800-273-8255
Emergency Mental Health Services (24/7)	1-800-368-5868
OSHA (Occupational Safety and Health)	800-368-5868
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OSHA (Occupational Safety and Health)	800-368-5868

I feel like my mind is acting a certain million hours... I try to slow down but it just makes me more nervous.

**ISOLATION & ANXIETY**

All I wanted was to have that perfect body and complexion I see in the media.

Having a negative view of yourself can affect your behaviour in many unhelpful ways. For example; avoid social situations, not speaking your mind, not feeling confident to express your uniqueness through styles of clothing or hair, avoiding activities and/or sports that expose your body.

**BODY IMAGE**

I don't have anyone to talk to.

**ISOLATION & LONELINESS**

We're comfortable in our skin by what they say and think, why aren't they comfortable in theirs?

**HOMOPHOBIA**

It's a quiet, solitary activity where you can be alone. I can't handle the noise, the pressure, the expectations.

**ADOLESCENT BULLYING**

Keep getting that bad feeling and it's not going away. I can't handle the noise, the pressure, the expectations.

**ISOLATION & ANXIETY**

How do I know if I'm being harassed? It's not just about the words, it's about the actions.

**ISOLATION & ANXIETY**

I feel like my mind is acting a certain million hours... I try to slow down but it just makes me more nervous.

**ISOLATION & ANXIETY**


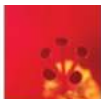




























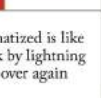








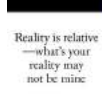

# BATTLE FOR THE HEALTHY MIND



# 10 Signs of Borderline Personality Disorder

**BATTLE FOR HEALTHY MIND**

1. Impulsive and risky behavior, such as risky driving, unsafe sex, gambling sprees, or illegal drug use
2. Awareness of destructive behavior, including self-injury, while often feeling unable to change it
3. Wide mood swings
4. Short but intense episodes of anxiety or depression
5. Inappropriate anger and antagonistic behavior, sometimes escalating into physical fights
6. Difficulty controlling emotions or impulses
7. Suicidal behavior
8. Feeling misunderstood, neglected, alone, empty, or hopeless
9. Fear of being alone
10. Feelings of self-hate and/or self-loathing

	It doesn't matter which chair we're sitting in, we all have something to offer		I want to be respected, not merely tolerated		We are all in this together	<b>Stereotypes</b>	<b>CHOICES CHOICES CHOICES</b>		<b>Meet Me Eye to Eye</b>		Differences are to be celebrated!		I am not a diagnosis		Stamp out stigma with big feet!		We all need to <b>COME OUT</b>
<b>9016873798</b> <b>8460739466</b>	Laws and Advocacy reduce discrimination	<b>People First Language</b>	<b>Reality is nothing more than a point of view</b>		Forced treatment is not a best practice		<b>Housing</b>	Take a walk outside the "Diagnostic & Statistical Manual of Mental Disorders" (DSM)	<b>Internalize strength, not stigma</b>		<b>"TAKE DOWN" WALLS, not people</b>		<b>9016873798</b>				
<b>ADA &amp; Olmstead Decision</b>				Include everyone in the conversation	Help and support are better options than control	<b>Stigma is a social disease</b>		<b>S</b> Stigma is a scarlet letter	Seek and find the humanity in us all	<b>Accept difference</b>		<b>The DSM does not define a person</b>					
<b>Acceptance is an antidote to stigma</b>		<b>STIGMA IS TOXIC</b>		We all experience the world differently	See the world from a peer perspective		<b>We are all part of the solution</b>	<b>Restraints &amp; Seclusion</b>	Accentuate the positive	<b>What does mental illness look like?</b>		<b>Any difference is potentially a stigma</b>					
Promote dignified treatment for all		<b>Vulnerability and acceptance take strength</b>		<b>YOU HAVE THE POWER TO EMPOWER!</b>		<b>Feelings are not disabilities</b>		<b>"Bad words" describe people badly</b>		<b>Laws &amp; Policies</b>							
Take joy in being <b>different</b>	<b>Consult and Collaborate</b>		Don't be compliant with stigma	Everyone has the right to dignity, privacy and respect.		"Crazy" is a stereotype	Shatter the distorted lens of stigma		<b>Labels are for jeans, not people</b>	<b>Open Doors Open Minds</b>	<b>What is "normal," anyway?</b>						
<b>Mental Health System</b>				<b>Embrace Peer Support</b>		<b>HIGH</b> We all function between <b>LOW</b>	Nothing about us, without us		<b>Assumptions are deadly—especially if they're dead wrong</b>	People with mental health disabilities look like you and me	<b>Facility Diversion &amp; Aftercare</b>	As individuals, we are alone—together, we are a community					
Reality is relative—what's your reality may not be mine	Stigma is not ordinary—people are <b>extraordinary</b>		<b>SUPPORT MENTAL HEALTH AWARENESS</b>		<b>I am not a nut to be cracked</b>		Suffering is not always visible		<b>Separate is not equal—inclusion for all</b>	Stigma is like a tattoo—it marks for life	<b>Separate is not equal—inclusion for all</b>						
	<b>CONTACT</b> <b>9429922066</b> <b>02742257666</b>	<b>Nobody is a lost cause</b>		"The stigma associated with mental health is as powerful as racism or sexism—it just doesn't get talked about."	<b>BATTLE FOR THE HEALTHY MIND</b>	<b>BATTLE FOR THE HEALTHY MIND</b>	The side effects of stigma are isolation and shame	<b>SANIDHYA PSYCHIATRIC HOSPITAL PALANPUR</b> <b>SANIDHYA DEADDICTION CENTER</b> <b>SANIDHYA PSYCHOTHERAPY CENTER</b> <b>SANIDHYA PSYCHIATRY AWARENESS CENTER</b>									



**WE WANT  
YOU!**

**JOIN US IN THE FIGHT  
AGAINST MENTAL HEALTH STIGMA**

**BATTLE  
FOR  
THE  
HEALTHY  
MIND**

**2742-257666**

**BATTLE FOR THE HEALTHY MIND**



**Your time,  
your words,  
your presence**

**SUPPORT MENTAL HEALTH  
AWARENESS**



**MENTAL ILLNESS**

**“DON'T  
WORRY.  
IT'S  
JUST A  
PHASE.”**

**DON'T HIDE IT**

**EARLY TREATMENT**

**EARLY INTERVENTION**

**HELP YOU**

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**SUPPORT**

**MENTAL HEALTH AWARENESS**

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**BATTLE FOR THE HEALTHY MIND**

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**SANIDHYA PSYCHIATRIC HOSPITAL PALANPUR**

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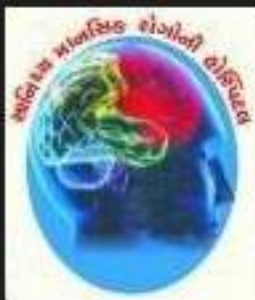


# stig·ma

a mark of disgrace or infamy; a stain or reproach, as on one's reputation.

**Stigma** erodes confidence that mental illnesses are real, treatable health conditions.

We have allowed **stigma** to erect barriers around effective treatment and recovery. It is time to take those barriers down.



**End the stigma.  
Change lives.**

# BATTLE FOR THE HEALTHY MIND

## Your Mental Health Is Precious!



**SANIDHYA PSYCHIATRIC HOSPITAL**  
**SANIDHYA PSYCHOLOGY CENTER**  
**SANIDHYA DEADDICTION CENTER**

Come and see what support is available - we're here to help.

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Any of us could experience mental illness in our life time.



**SUPPORT MENTAL HEALTH AWARENESS**



# You, Me, Everybody Needs good mental health



**BATTLE FOR THE HEALTHY MIND  
SANIDHYA PSYCHIATRIC HOSPITAL**



EVEN YOUR  
**BRAIN**  
DESERVES A  
**CHECK UP**

**BATTLE FOR THE HEALTHY MIND**

**SANIDHYA PSYCHIATRIC HOSPITAL**



## MENTAL HEALTH



Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.



*Sanidhya Psychiatric Hospital*

(World Health Organisation)





CHILDREN'S  
MENTAL HEALTH  
AWARENESS



**SANIDHYA PSYCHIATRIC HOSPITAL**

**BATTLE FOR THE HEALTHY MIND**

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# WHAT WE THINK, WE ARE..



**You can't live a positive life with negative mind.**

**BATTLE FOR THE HEALTHY MIND**

*आपके बच्चे की बढ़ती उम्र की समस्याओं को पहचानें  
उनसे संवाद, चर्चा और उनका मार्गदर्शन करें*



*उनकी शंकाओं को बिना  
संकोच के समझें*



**अपने बच्चों के दोस्त बनें**

# World Suicide Prevention Day

- Stigma: A Major Barrier to Suicide Prevention

# વિશ્વ આપઘાત અટકાવ દિવસ

- કલંક : આપઘાત અટકાવવા માટે મોટી અડચણ છે.

# વિશ્વ આત્મહત્યા રોકો દિવસ

- કલંક : આત્મહત્યા રોકવા માટે મોટી અડચણ છે



**સાનિધ્ય માનસિક રોગોની હોસ્પિટલ**

**ડૉ. નિશાંત એ. સૈની**

એમ.ડી. (સાઈકિયાટ્રી)

- માનસિક અને મગજના રોગોના નિષ્ણાત
- વ્યસન મુક્તિ સારવારના નિષ્ણાત
- મનોચિકિત્સા રોગના નિષ્ણાત

સાઈ કોમ્પ્લેક્સ, બીજો માળ, ગોબરી રોડ, ગઠામણ દરવાજા, પાલનપુર - ૩૮૫ ૦૦૧. ફોન : (૦૨૭૪૨) ૨૫૭૬૬૬, મો.: 9429922066

ઢાઢ રાખો

માનસિક બિમારી

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વહેમ ઁ

માનસિક બિમારી

હોઈ શકે છે.

\*માનસિક આરોગ્ય સ્વાસ્થ્ય સપ્તાહ

અવેરનેસ ઁ જ ઊજવણી...



**IPS GSB**

# ઢાઢ રાખો

માનસિક બિમારી ભણેલા – ગણેલા, તવંગર,  
હોશિયાર અને તેજસ્વી લોકોને  
પણ થઈ શકે છે .



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\*માનસિક આરોગ્ય સ્વાસ્થ્ય સપ્તાહ  
અવેરનેસ ઁ જ ઊજવણી...

યાદ રાખો



‘વહેમનું કોઈ ઓસડ નથી’

એ વાત ખોટી છે.

**IPS GSB**

વહેમને દૂર કરવા માટે

અનેક ઓસડ મોજૂદ છે.

આજે જ આપના મનોચિકિત્સકનો

સંપર્ક કરો ...

\*માનસિક આરોગ્ય સ્વાસ્થ્ય સપ્તાહ

અવેરનેસ એ જ ઊજવણી...



मानव गौरवः

मानसिक रोग धरावनार व्यक्ति पए

सौथी प्रथम तो मानव

## How can we promote the rights and dignity of people with mental health conditions?

- support people with mental health conditions to participate in community life, and acknowledge the value of their contribution;
- respect their autonomy to make decisions for themselves including their living arrangements and personal and financial matters;
- ensure their access to employment, education, housing, social support and other opportunities;
- include people in decision-making processes on issues affecting them, including policy, legislation and health service reform relating to mental health.



# યાદ રાખો



માનસિક રોગો માત્ર ખરાબ વાતાવરણને  
કારણે જ થાય એવું નથી.

મગજનાં જૈવરાસાયણિક અસંતુલન તથા  
વંશાનુગત પરિબલો પણ માનસિક રોગો કરી શકે છે.



IPS GSB



# યાદરાખો



આછાપાતળા સ્મૃતિદોષ, ગભરાટ, એકાગ્રતાનો અભાવ વગેરે  
નોર્મલ માણસમાં પણ હોઈ શકે છે,  
એ લક્ષણોની માત્રા, સમયની અવધિ,  
અન્ય લક્ષણોની સહોપસ્થિતિ તથા એ લક્ષણોને લીધે સર્જતા  
અન્ય ડીસ્ટર્બન્સીસ દ્વારા નક્કી થાય છે કે  
આવા ક્યુલેક લક્ષણોને માનસિક બિમારી ગણવી કે નહીં!

**IPS GSB**

# क्या आप नींद की समस्या से परेशान हैं ?



- काफी कोशिशों के बाद भी नींद नहीं आना
- रात में नींद बार बार खुलना
- सुबह जल्दी नींद खुल जाना
- दूसरे दिन थकावट, चिडचिडापन, एकाग्रता में कमी

“अनिद्रा आपके मानसिक और शारीरिक स्वास्थ्य के लिए हानिकारक है”

## क्या आप, आपका दोस्त या परिजन डिप्रेशन के निम्न लक्षणों से परेशान है ?



- अत्यधिक उदासी और निराशा
- किसी काम में मन नहीं लगना
- थकावट
- चिडचिडापन
- आत्महत्या के विचार
- उत्साह में कमी
- नींद ना आना
- यौन इच्छा में कमी
- नकारात्मक विचार

“अपनी ज़िन्दगी में दुबारा खुशियों के रंग भरिए”

## क्या आप, आपका दोस्त या परिजन सिजोफ्रेनिया के निम्न लक्षणों से परेशान है ?



- असामान्य व्यवहार
- हिंसक या उग्र व्यवहार
- बेवजह शक करना जैसे की कोई मारना चाहता है या साजिश कर रहा है
- बेवजह जीवनसाथी के चरित्र पर संदेह
- बिना वजह हँसना, मुस्कुराना या बडबडाना
- नींद ना आना
- अपना ध्यान रखने में असमर्थता
- अकेले रहना
- उल्टी सीधी बातें करना

**"सिजोफ्रेनिया का इलाज संभव है"**

## क्या आप, आपका दोस्त या परिजन 'तनाव' के निम्न लक्षणों से परेशान है ?

- अत्यधिक चिंता एवं नकारात्मक विचार
- घबराहट और बेचैनी
- दिल तेजी से धड़कना
- पसीना पसीना हो जाना
- हाथ या पैर में कम्पन
- मुंह सूखना
- भीड़ भाड़ या बंद जगह में डर या घबराहट
- सांस ना आना
- नींद की समस्या



**“चिंता और तनाव आपकी प्रगति में बाधक हो सकते हैं”**





**stand up against stigma**

No Health without  
Mental Health

# विश्व आत्महत्या रोको दिवस

सभी कमजोरी ,  
सभी बंधन मात्र कल्पना है.....  
कमजोर न पड़े !..  
मजबूती के साथ खड़े हो जाओ!  
शक्तिशाली बनों!  
मैं जानता हूँ कि सभी धर्म यही हैं  
कभी कमजोर नहीं पड़ें  
आप अपने आपको  
शक्तिशाली बनाओं ..  
आप के भीतर अनंत शक्ति है।

स्वामी विवेकानंद

१० सितम्बर