

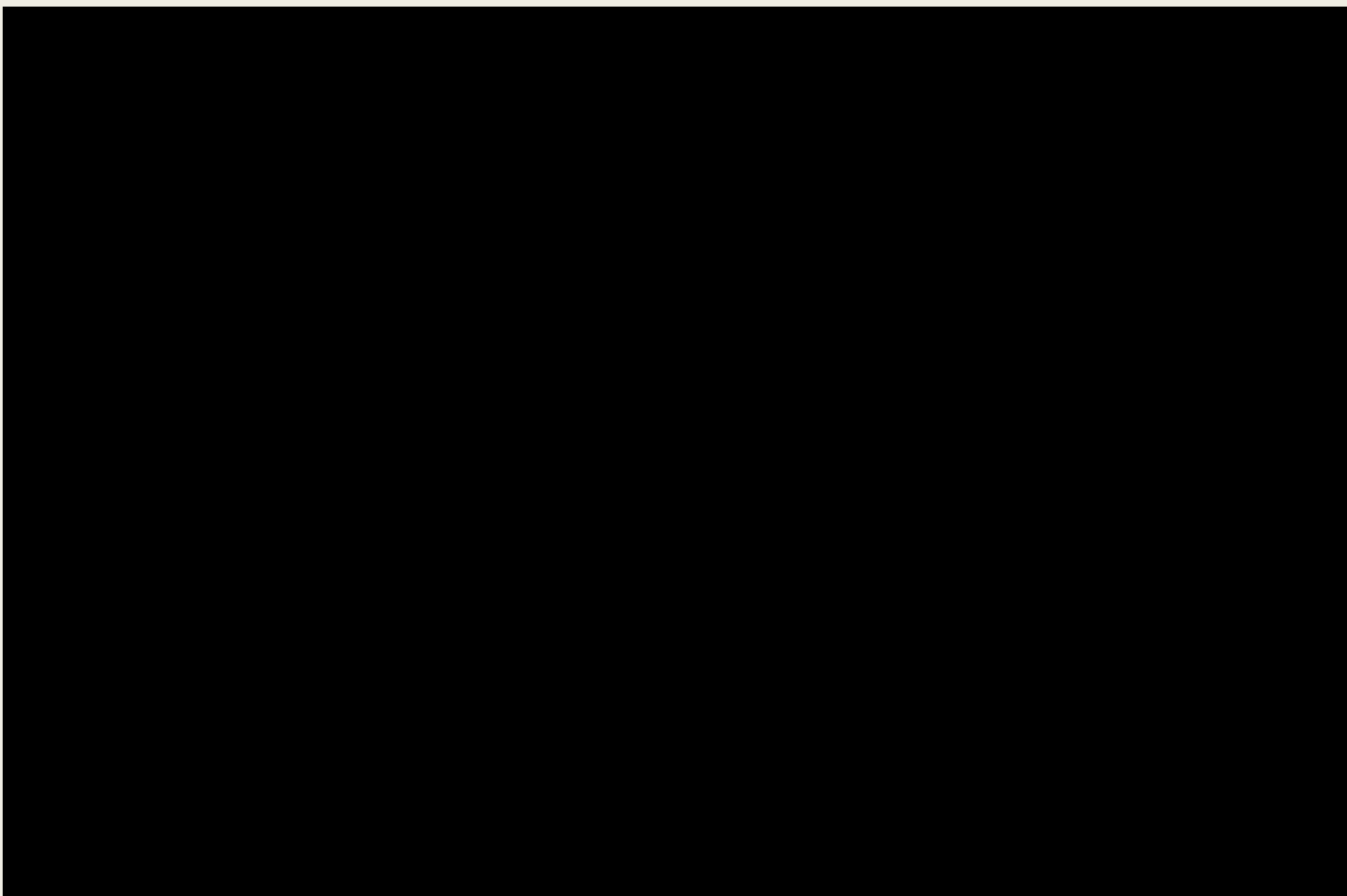


BECAUSE I AM WORTH IT

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Psychiatrist

Mental Health

- Sense of self sufficiency, self esteem and self worth
- Ability to put one's trust in others
- Ability to give and receive friendship, affection and love
- Ability to form enduring emotional attachments
- Ability to experience deep emotions
- Ability to forgive others and oneself
- Ability to examine oneself and consider change
- Ability to learn from experience
- Ability to tolerate uncertainty and take risks
- Ability to engage in reverie and fantasy



Barriers to seek help

- Fear
- Stigma
- Culturally insensitive
- Language barriers
- Racism
- Stereotyping

What can you do

- Be aware of your stress
- TALK
- Sleep, diet and exercise
- Social life
- Alcohol , drugs
- Family and relationships
- Space for you-treat yourself
- Seek help

Seek help

- GP
- Secondary care
- MWC
- Advocacy
- Support groups

Questions and discussion

- Thankyou for listening

