

How to contact YWH?

- **Walk-in** directly to the Hub on all Saturdays from 11 am till 4 pm without any prior appointment.
- **WhatsApp** us your query to 6901020199 with your name and college name and we will get back soon.
- **Email** us at yuva.mann.meet@gmail.com if you have an interesting idea related to youth mental health that you want to share / suggest, or you want get regular updates of various events that the Hub organizes for youth from time to time.
- Or simply drop by at our Hub on Saturday afternoons (3-4pm) to have a chat over a cup of chai with us.
- Please remember, Language is not a barrier. We speak Assamese, Hindi, Bengali, English and few more languages.

Team @ YWH

Chairperson (Advisory Committee): Dr. Sonia P. Deuri (Dept. of Psychiatric Social Work)

Co-ordinator: Dr. Diptarup Chowdhury (Dept. of Clinical Psychology)

Joint Co-ordinators: (a) Dr. Nurnahar Ahmed (Dept. of Psychiatric Nursing)

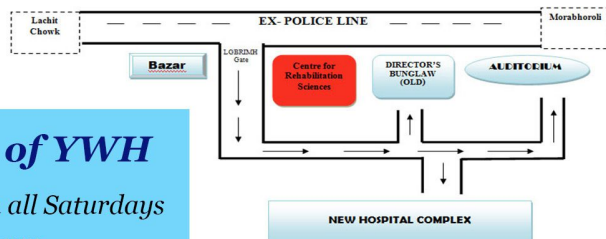
(b) Dr. Indrajeet Banerjee (Dept. of Psychiatric Social Work)

(c) Dr. Kunal Deb (Dept. of Psychiatry)

(d) Mr. Deepshri Phukan (Dept. of Clinical Psychology)

How to reach YWH?

We are located at the ground floor of Centre for Rehabilitation Sciences (popularly known as Rehab Centre). It is in a separate building in the LGBRIMH campus on your left side, once you enter the main gate from Ex-Police Lines Main road.



Days & Timing of YWH

The Hub remains open on all Saturdays from 11 am to 4 pm.



Centre for Psychological Care & Mental Health Promotion Among Youth
LGBRIMH, Tezpur



YOUTH WELLNESS HUB



Photo credit: Dr. Faruk Ahmed.

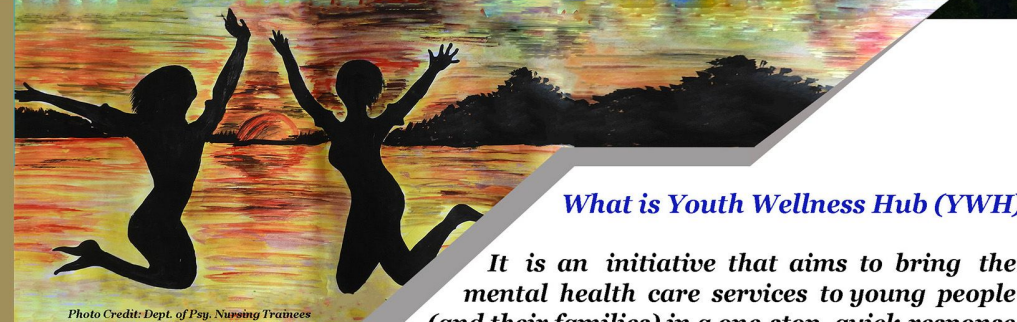


Photo Credit: Dept. of Psy. Nursing Trainees

What is Youth Wellness Hub (YWH)?

It is an initiative that aims to bring the mental health care services to young people (and their families) in a one-stop, quick-response, low-barrier, clear service pathways. It is also

envisaged as a mental health and wellbeing resource centre, geared towards youth capacity building through diverse, inclusive, participatory network of youth, families and carers, researchers, service-providers and policy-makers to improve youth mental health care in this region.

Guiding Principles of YWH



Positioning the young people at the centre of conversation/ interventions



Validating and honouring young people's thoughts, beliefs, feelings, lived experiences, struggles, etc. through collaborative conversations/interventions



Maintaining dignity of young people and their families in all circumstances- irrespective of their abilities, choices made in life, social location, etc.

Why YWH?

There is a clear indication that there is a disconnect between the needs of youth and their access to mental health in our country, especially this region. A month-long series of community out-reach programs in nearby schools and college campuses conducted by LGBRIMH during observation of World Mental Health Day in Oct-Nov 2018 (Theme: 'Young People and Mental Health in a Changing World') tried to address this gap. The success of our 'Yuva-Mann-Meet', a college mental health promotion and sensitization awareness initiative in various colleges in/around Tezpur by LGBRIMH inspired us to think of setting up an exclusive centre for psychological care for the youth in distress, as well as young people who would like to engage in activities to promote their mental health and well-being.

Objectives of YWH

- ✓ Destigmatize mental health problems among youth and supporting them to overcome barriers in help-seeking
- ✓ Providing rapid access to easily identifiable mental health services with walk-in, low-barrier, quick-response mental health delivery process for young people and their families
- ✓ Supporting growth of local / campus-based resources for psychological first-aid by jointly working with college students/authorities
- ✓ Fostering positive youth development through active youth-engagement initiatives related to mental health
- ✓ Enhance mental health research and delivery capacity to work particularly with young people through community outreach programs

YWH is for whom?

The Hub, in its first stage of development, would cater to all young people (15 - 24 yrs) who are currently enrolled in various colleges/university in and around Tezpur.

In its later phases of development, the Hub, would focus on school-going adolescents (10 yrs and upwards) and young adults (upto 24 yrs) who are outside the college/university system in and around Tezpur.

Programs/Services offered by YWH

- ✓ Conduct once-a-month 'Youth Dialogues' - facilitated interactive sessions on particular themes relating to mental health of college youth by inviting college students to YWH@LGBRIMH.
- ✓ Organize Invited talks/ workshops/ performances by Resources Persons/ Groups working with youth in mental health and other related fields.
- ✓ Establish one-stop walk-in Psychological Care & Wellness Clinic aimed at providing one-to-one consultation for : (a) Rapid evaluation and brief psychological counseling to distressed young people (b) Maintaining and enhancing their well-being. [Note : Individuals will be referred to appropriate services offered by regular OPD of LGBRIMH in case they require long-term / specialized interventions]
- ✓ Planning innovative community-outreach mental health programs like anti-stigma campaigns, The Human Library in partnership with colleges/university.
- ✓ Conduct multidisciplinary community -focused funded research projects in areas of promotion of mental health among college youth, substance use, self-harm etc.

Functioning of YWH

The Hub is a joint initiative by the departments of Clinical Psychology, Psychiatric Social Work, Psychiatric Nursing and Psychiatry of LGBRIMH. A multi-disciplinary team of a Co-ordinator and four Joint Co-ordinators, supported by staff and trainees of these departments is responsible for implementation of the various services and programs of the Hub. An Advisory Committee which includes senior faculty members of LGBRIMH, College Principals/faculty-representatives, University senior academic, and students meets at regular intervals to help the Hub draw up actionable plans and facilitate its implementations, as and when required.