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Maniben Nanavati Women's College,
PG Department of Psychology has been training students to
become Mental Health Professionals since 2004.



Adveka Foundation is a social enterprise that promotes mental health in every section of society, across all economic backgrounds, gender and religion.



Imagine. Ideate. Inspire.

The Change Entrepreneurs endeavour is to create and collectively implement easy, immediate and impactful changes in our environment.

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2 -	3 -	. 4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1,	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3 .	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2 .	3	4	5
I've been feeling cheerful	1	2	3	4	5

Get your well being score! Add up all your responses and see where you stand!

0-32 points:

Your well being score is very low. The stress you're under may be preventing you from enjoying your life. You may want to talk to a friend or a health professional about how you can start to address this. In the meantime, you could begin by taking some of the following steps:

- Getting active
- Connecting with others
- Readina
- Regulating your sleep pattern
- Eating right and regularly
- Pursuing a hobby

32-40 points:

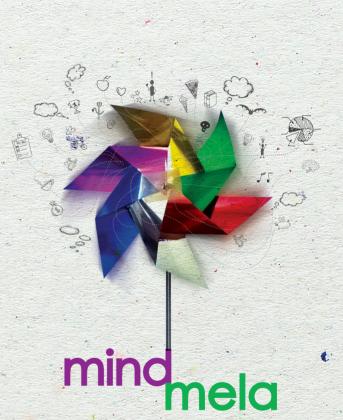
Your well being score is below average. Why not take action to improve it?

40-59 points:

Your well being score is average. You know how to be happy although there are moments of concern in your life. You have learnt how to balance your life however, in certain circumstances, concerns, disappointments and insecurities take over. This is normal and happens to most people.

59-70 points:

Good news, your wellbeing score is above average. You have great emotional maturity. You have found the path to happiness, which greatly benefits not only you but those around you as well.



A Mental Health Awareness Initiative

Let us expel the stigma against mental illness.

Learn of early signs.

Implement early intervention.