



**RADHA MOHAN MEHROTRA
GLOBAL HOSPITAL TRAUMA CENTRE
ABUROAD, RAJASTHAN**



**DEPARTMENT OF
MENTAL HEALTH AND WELL-BEING**



***Mental Health
beginning with Me***

**Mental Health, Personality and Overall performance
Development, Enhancement of Life skills, Life style,
Education, Counselling, Hypnotherapy, Relaxation,
Assessment/Testing, Psychotherapies,
Training and Research**

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CLINICAL AND COUNSELLING PSYCHOLOGIST





To deliver responsive, effective, high quality and evidence based clinical psychological services in the environment and organizational culture that provides safety, trust, dignity, independence and support.

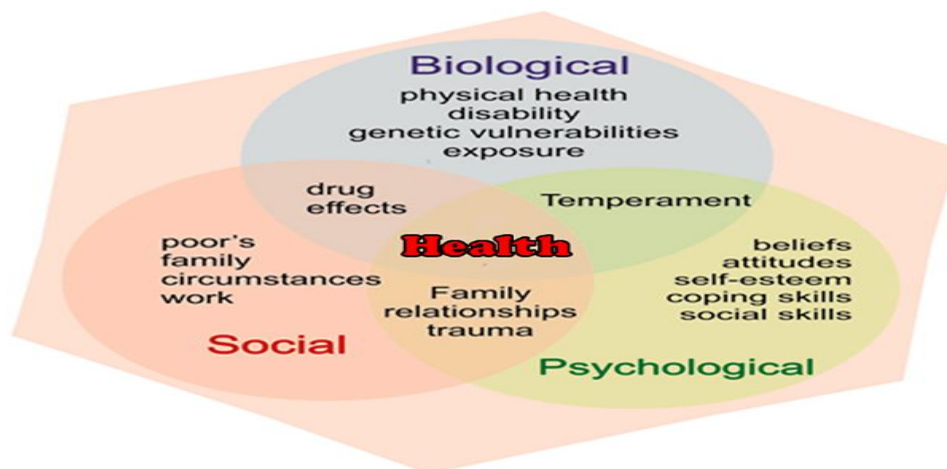
To increase professional help and understanding for mental disorders.

To create awareness among general public about principles of physical and mental hygiene and methods of preventing avoidable diseases.

To empower Individual performance and mental health in the world through Education, Training and Counseling with spiritual touch.

What is Mental Health?

The World Health Organization (WHO) recognizes mental health is an integral and essential component of health and wellbeing:



Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. (emotional wellbeing.)

Mental Health is a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Good mental health is a sense of wellbeing, confidence and self-esteem. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook.

What is Mental Illness?

MYTH: Mental illness only happens to other people, not to me. Mental illness only affects adults

TRUTH: Mental illness can affect anyone; one in five children has mental disorder

A mental illness is a health problem that significantly interferes with an individual's cognitive, emotional or social abilities and can often result in a diminished capacity for coping with the ordinary demands of life.

Mental illness can increase the risk of a person developing physical illnesses such as cancer, diabetes, arthritis, heart and neurological disease. Further, the co-existence of physical illness and a mental disorder can exacerbate both conditions and hinder recovery.

The Effects of Poor Mental Health:

Poor mental health can affect many aspects of life

- Physical health
- Employment
- Maintaining relationships
- Participation in leisure activities
- Financial aspect



Prevalence of Mental Disorders:

The WHO global estimates suggest mental disorders affect more than 1 in 4 people in the course of their lives, and about 1 in 10 adults at any one time. Between 1987 to 2007, the suicide rate increased from 7.9 to 10.3 per 100,000. Every year, over 800,000 people die from suicide; this roughly corresponds to one death every 40 seconds. Suicide is the fifth leading causes of death among those aged 30-49 years in 2012 globally. Suicide is the second leading cause of death in the 15-29 years age group in 2012 globally.

Tips for suicide prevention:

Suicide warning signs in adults and in teens

Reading material about death and suicide, Stockpiling medications

Disruption of sleep patterns. Sudden interest in firearms

Increased alcohol or prescription drug use, Persistent boredom

Failure to take care of self or follow medical orders

Social withdrawal and regular activities or elaborate good-byes.

Change in eating and sleeping habits, Rush to complete or revise a will

Violent or rebellious behavior, running away. Drug and alcohol use.

Talking about suicide, Seeking out lethal means, Preoccupation with death

When Talking to a Suicidal Person:

Get professional help. Follow-up on treatment. Be proactive. Encourage positive lifestyle changes, Make a safety plan. Remove potential means of suicide. Continue your support.

TIPS FOR HEALTH AND WELL BEING

- 1) Sleeping 7 to 8 hours a night
- 2) No addictions: smoking, drinking, drugs
- 3) Eating breakfast regularly
- 4) Getting regular exercise
- 5) Not eating between meals
- 6) Being no more than 10% overweight
- 7) Take fresh fruits, salad and vegetables everyday
- 8) Practice meditation for relaxation
- 9) Think positive for self and others at all situations
- 10) Have faith in God



Services :

Performance development

Personality empowerment and development

Mental health and well being empowerment

Relaxation, Biofeedback relaxation

Hypnotherapy, CBT, Group therapy, Family therapy, NLP, EFT

Psychic reading & therapy, Rajyoga, Spiritual therapy,

Reiki, tarot reading, and other therapies

Career Guidance with aptitude and occupational test

Concentration and memory skills, Life skills for children and adults

Stress counseling, lifestyle education and counseling

Psychological counseling for all psychological problems

Life style and stress counseling in some physical diseases like Diabetes, Heart attack(CAD), Hypertension, Cancer, AIDS, Thyroid problem, ulcer, migraine, and other psychosomatic diseases.

Psycho-educational testing for children Eg. IQ, EQ, Personality etc.

Psychological assessment and diagnosis for various issues through Personality test, 16 PF, EPQ, MPQ, Sentence completion test, Draw a

Person Test, TAT, CAT, HTP Test, Hand writing analysis, Rorschach test, Rating scales for many disorders



HYPNOTHERAPY: Positive suggestions are fed in to sub conscious mind to enable well being by healing the emotions. Relaxation training is a self-control procedure that requires the client to develop a set of responses to modify autonomic arousal. Apart from mental and physical relaxation, the individual develops a feeling of control and starts assuming responsibility for management of his life and health.



BIOFEEDBACK: is a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance. Precise instruments measure physiological activity such as brainwaves, heart function, breathing, muscle activity, and skin temperature. These instruments rapidly and accurately 'feedback' information to the user. The presentation of this information often in conjunction with changes in thinking, emotions, and behaviour supports desired physiological changes. Over time, these changes can endure without continued use of an instrument. Biofeedback is particularly effective at treating conditions brought on by severe stress. Biofeedback therapy involves training patients to control physiological processes such as muscle tension, blood pressure, or heart rate. **Back pain, Depression, Anxiety, Asthma, High blood pressure, Diabetes, Headaches, Migraines, Chronic pain, lack of concentration and memory, stress, ADHD, learning disability etc.**

PLEASE CONTACT US IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS AND COMPLAINTS:



- Stress, Strain and Pressure
- Family stress, work place related stress, job tension
- Marital stress or issues, relationship stress, Love affairs
- Less productivity and lack of productivity at work place
- Anger, Irritation, fighting with others
- Conflict, dilemma, not achieving success in life
- Hypertension, Diabetes, Heart attack, Stroke, AIDS, Cancer
- Obesity, High Cholesterol, Thyroid disease, Asthma, IBS, Migraine,

- Hyper acidity, Ulcer, Any psychosomatic disease, incurable diseases
- Chronic illnesses, bed-ridden since long time, physical disability
- Repeated illness, Allergy, Repeated infections
- Aches and pains all over the body on and off
- Feeling of tiredness most of the time
- Hysterical symptoms, False fits
- Short memory loss in young and old
- Physical complaints frequently, doubt of physical illness
- Sleeping too much or too little, Eating more or very less
- No enthusiasm and no interest in work
- Loss of interest in any leisure activity
- Disappointment, laziness, carelessness and hopelessness
- Depression, suicidal thoughts, suicidal attempts, love affairs
- Thinking too much, Negative thinking
- Grief, Depression, Fear, phobia
- Anxiety, panic attacks, restlessness,
- Repeating specific actions, obsessions in thoughts(OCD)
- Sweating too much, racing heart, choking sensation
- Any addiction – tobacco, smoking, alcohol and drugs
- Spending money too much, talkative too much
- Irrelevant speech, speaking loudly, becoming violent
- Doubting too much, Hallucinations: Auditory or visual
- Behavioral problems, personality disorder, Developmental problems
- Physical abuse, sexual abuse, having more sexual thoughts
- Abnormal sexual habits, feeling weakness in body and mind
- Concentration, memory problems in children
- Academic problems, study complaints, Exam fear, lack of confidence
- Behavioral problems: stealing, fighting, anger, hyperactive, impulsive
- Too much mischievous, disrespectful behavior, disobeying
- Bedwetting, Thumb sucking, nail biting, Being alone, feeling lonely
- Crying, feeling sad, stress, depression, suicidal thoughts/attempts,
- Fear, phobia, slow learner, learning disability, anti-social behavior,
- ADHD, Autism, Mentally retarded, Addictions, eating disorder

TRAININGS, WORKSHOPS AND COMMUNITY SERVICES

1. MENTAL HEALTH COUNSELLING
2. HYPNOTHERAPY
3. LIFE SKILLS
4. LIFE STYLE
5. SHORT TERM PRACTICAL TRAINING FOR PSYCHOLOGY PROFESSIONALS
6. PARENTING
7. PROMOTING MENTAL HEALTH
8. STRESS MANAGEMENT AND EMOTIONAL HEALING
9. PERFORMANCE DEVELOPMENT FOR EMPLOYERS
10. EMOTIONAL INTELLIGENCE AND COPING SKILLS
11. DEADDICTION AWARENESS AND COUNSELLING
12. VALUES EDUCATION, VIHASA, LIVING VALUES



ADDITIONAL SERVICES

HEALTH CLUB: AEROBICS, PHYSICAL YOGA



Timings:

Morning one hour

Evening one hour

ONLINE COUNSELLING:



Website: www.mentalhealthgthc.com

Email: mentalhealthgthc@gmail.com

HOW CAN YOU CONTRIBUTE FOR THIS NOBLE SERVICE



1. Create awareness to prevent mental health problems in your area.
2. Provide psycho-social support and guidance for the needy.
3. Help to remove the stigma of mental health problems in the community.
4. Provide immediate help for the high suicidal risk people to prevent suicides.
5. Can help by donations for this noble service run by the Department and also for Global Hospital Services.

Account Name: R. M. M. Global Hospital Trauma Centre.

Bank Address: State Bank of India, Shantivan Branch, Abu Road.

Account No : 30249372712

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