



UNDERSTANDING
.. DEPRESSION

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MORE WOMEN ARE AFFECTED BY DEPRESSION THAN MEN*

GETTING PEOPLE TO BE AWARE

IT IS TIME TO TAKE THINGS SERIOUSLY AND STOP BEING IN DENIAL

*WHO STATISTICS



UNDERSTANDING .. DEPRESSION

WE HEAR ABOUT PEOPLE GETTING INTO DEPRESSION ALL THE TIME. IT IS TIME YOU LEARN MORE ABOUT IT. THIS SECTION CONTAINS ARTICLES AND VIDEOS REGARDING THE VARIOUS FACTS AROUND DEPRESSION. YOU COULD ALSO CONNECT WITH US IF YOU WANT TO SEEK HELP OR COLLABORATE WITH US. YOU ARE WELCOME TO WRITE TO US IF YOU WANT TO SHARE YOUR EXPERIENCES, IF ANY.

BEAUTIFUL MINDS IS ABOUT HELPING PEOPLE UNDERSTAND ABOUT MENTAL HEALTH AND THE ISSUES THAT COME WITH IT IN A SIMPLE WAY. THE VERY MENTION OF MENTAL HEALTH INVOKES FEAR, STIGMA, DISCOMFORT AND IN SOME RARE CASES, CURIOSITY. AND MOST OF THE INFORMATION THAT IS AVAILABLE ONLINE IS NOTHING SHORT OF CONFUSING. THIS FURTHER COMPLICATES THE SITUATION. AND THEN THERE ARE THE MYTHS & MISCONCEPTIONS.

WE WANT TO SIMPLIFY THE COMPREHENSION.

BEAUTIFUL MINDS IS PART OF THE BIGGER VISION OF BUILDING AN ECO SYSTEM AROUND MENTAL HEALTH THAT INVOLVES THE COMMUNITY AT LARGE. WE CALL IT “ THE MENTAL HEALTH WATCH CLUB”

WE BELIEVE THAT IT IS TIME FOR PEOPLE TO BE AWARE. AWARE OF WHAT MENTAL HEALTH ISSUES ARE . AWARE OF HOW TO INTERVENE. AWARE OF THE DOS AND DON'TS. AWARE ENOUGH TO BE EMPATHETIC TOWARDS THOSE WHO ARE DIAGNOSED WITH ISSUES.

LET'S CHANGE THE WAY MENTAL HEALTH IS PERCEIVED

SIMPLIFYING THE UNDERSTANDING

BREAKING THE STIGMA, THE MYTHS
AND OVERCOMING FEARS



UNDERSTANDING
.. DEPRESSION



WHAT TO EXPECT

GETTING TO UNDERSTAND ABOUT
THE REAL FACTS ABOUT
DEPRESSION

PLATFORM TO SHARE EXPERIENCES

SEEKING HELP . ACCESS TO SUPPORT

READ ARTICLES BY EXPERTS

VIDEOS ON THE SUBJECT MATTER

INTERVIEWS/WEBINARS ON HOOPEX TV

LISTEN TO PEOPLE TALK ABOUT HOW
THEY MANAGED ISSUES

AND MORE....

BE THE CHANGE CATALYSTS*

INITIATE OUR MENTAL HEALTH WATCH CLUB
CERTIFICATION PROGRAMS AT YOUR SCHOOLS,
COLLEGES, COMMUNITIES & ORGANISATIONS

IF YOU ARE A MENTAL HEALTH PROFESSIONAL OR
HAVE POST CARE FACILITIES INVOLVE WITH US

IF YOU HAVE EXPERIENCES TO SHARE. THEN PLEASE
SHARE. HELP BREAK THE STIGMA

IF YOU HAVE INTERESTING PROGRAMS AND WOULD LIKE
TO TAKE IT TO THE MASSES THEN LET US KNOW

BE PART OF OUR MENTAL HEALTH WATCH CLUB
AND
HELP SPREAD AWARENESS

GET TO KNOW MORE ABOUT MENTAL HEALTH



CERTIFICATION PROGRAM

EMPOWERMENT
THROUGH AWARENESS

FOR DETAILS OF THE PROGRAM AND TO KNOW MORE ABOUT THE MENTAL HEALTH WATCH CLUB

CLICK ON: MHW CERTIFICATION PROGRAM LINKS ON THE WEBSITE

OR

WRITE TO: INFO@HOOPSTERS.IN

CALL: BALA @ +91 98450 40278

SPECIALLY DESIGNED PROGRAMS

FOR SCHOOLS, COLLEGES,
CORPORATES & COMMUNITIES

SIMPLIFYING THE UNDERSTANDING
OF MENTAL HEALTH



CERTIFICATION PROGRAM

EMPOWERMENT THROUGH AWARENESS

MHW
MENTAL HEALTH WATCH
CERTIFICATION PROGRAM
www.hoopsters.in

FOR CHILDREN

**A FIRST OF ITS KIND
MENTAL HEALTH
APPRECIATION PROGRAM**

ONLINE AND ONGROUNND
SIMPLIFYING THE UNDERSTANDING OF MENTAL HEALTH

GET THE ADVANTAGE

ADVANTAGES

- BETTER AWARENESS
- ABILITY TO COPE BETTER
- BETTER AWARENESS
- CULTIVATE EMPATHY

PROGRAM DETAILS

- ANNUAL ENGAGEMENT ONLINE
- 12 SUBJECT SPECIFIC CLASSES
- ACTIVITY DRIVEN
- INTERACTIONS WITH EXPERTS
- ASSESSMENT AND CERTIFICATION

SUBJECTS COVERED

ABOUT THE BRAIN	THE VARIOUS ISSUES
EMOTIONS	ADDICTION
RELATIONSHIPS	BULLYING
BODY CONFIDENCE	ABUSE
EMERGENCY RESPONSE	MENTAL HEALTH TOOLS

FOR DETAILS CALL: 9845040278/ WRITE TO US AT info@hoopsters.in

MHW
MENTAL HEALTH WATCH
CERTIFICATION PROGRAM

**SIMPLIFYING THE UNDERSTANDING
OF MENTAL HEALTH**

A FIRST OF ITS KIND MENTAL
HEALTH APPRECIATION PROGRAM

GET THE ADVANTAGE

ADVANTAGES

- ABILITY TO COPE WITH ISSUES
- IMPROVED WORK OUTPUT
- CULTIVATE EMPATHY
- BETTER AWARENESS

PROGRAM DETAILS

- ANNUAL ENGAGEMENT ONLINE
- 12 SUBJECT SPECIFIC CLASSES
- ACTIVITY DRIVEN
- INTERACTIONS WITH EXPERTS
- ASSESSMENT AND CERTIFICATION
- FREE ANNUAL MEMBERSHIP TO HOOPSTERS

SUBJECTS COVERED

ABOUT THE BRAIN	BULLYING
THE VARIOUS ISSUES	BODY CONFIDENCE
EMOTIONS	ABUSE
ADDICTION	EMERGENCY RESPONSE
RELATIONSHIPS & SEXUALITY	MENTAL HEALTH RESOURCES
	AND MORE...

FOR DETAILS CALL: 9845040278/ WRITE TO US AT info@hoopsters.in

* THESE ARE COURSES MEANT TO CREATE AWARENESS ON THE SUBJECT OF MENTAL HEALTH. COMPLETING THESE COURSES DOES NOT QUALIFY YOU TO PRACTICE COUNSELLING, THERAPY OR ANY OTHER PROFESSIONAL SERVICE RELATED TO MENTAL HEALTH.

THE BIG PICTURE



AN ECO SYSTEM
TOWARDS
MENTAL HEALTH
WELLNESS

- EASY ACCESS TO GENUINE AND QUALIFIED DOMAIN EXPERTS & SUPPORT SYSTEMS. RELIABLE EMERGENCY HELP LINES
- PLATFORMS TO HELP SHARE PERSONAL EXPERIENCES/ AND ISSUES AND PROVIDE ACCESS TO SUPPORT
- HELP BREAK THE STIGMA AND MISCONCEPTIONS
- SPECIAL PROGRAMS FOR PARENTS
- COLLABORATING WITH GENUINE ORGANISATIONS TO INITIATE PROGRAMS IN TIER 1, 2 & 3 CITIES

- SPECIALLY DESIGNED CURRICULUM MODEL PROGRAMS AT SCHOOLS, CORPORATES AND COMMUNITIES
- COLLABORATIONS AND ASSOCIATIONS WITH THE BEST OF DOMAIN EXPERTS
- BUILDING INTERVENTION & SUPPORT RESOURCES THROUGH SPECIALLY DESIGNED TRAINING PROGRAMS & ASSOCIATIONS
- CREATING & DESSIMINATING RELIABLE CONTENT/ INVOLVING MEDIA TO SPREAD AWARENESS

COLLABORATIONS
VALUE AUGMENTATION
DISRUPTIONS

ONLINE. ONGROUND. HYBRID

IT'S TIME FOR CHANGE



AN INITIATIVE BY



INFLUENCING

A CHANGE IN MINDSETS TOWARDS MENTAL HEALTH.

PREVENTION. INTERVENTION. SUPPORT

TO KNOW MORE

LOG ON TO www.hoopsters.in

WRITE TO info@hoopsters.in

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