

# Mental Health and Awareness Program

According to WHO, More than 4% of Nepal's 29 million people are currently experiencing mental disorder, with additional 5.2% of 13-18-year-olds.

COVID 19: Response Community Mental Health and awareness program were successful completed three years project in both the communities, brick factory and local community schools to reduce mental illness and suicide prevention. Health education, support for referral patients, regular home visit & counselling, poultry and vegetable farming have been very effective.

Problem boxes, child club play important role for screening the mental health problems in schools. Health improvement of 24 suicide attempt patients encourage hidden mental health patients to come for medical treatment. Mental health orientation to health workers, school teachers and active members of the communities make easier to screen mental health patients.

Poultry and vegetable farming have been very effective and calming therapy for mental health patients. CDO Nepal have distributed 4800 chick to 275 mental health patients. It have been powerful therapeutic tool for those suffering from anxiety, depression, isolation, loneliness, and dementia.



## In three year project - COVID19 Mental Health and Awareness .

CDO Nepal succeeded to provided services-

- ❖ 275 mental health were partly supported for medical facilities.
- ❖ 45 suicide attempt two to three times, now under medication, improved in health.
- ❖ 25 locked at home were now free, under medication, they regular participate in local incences making.



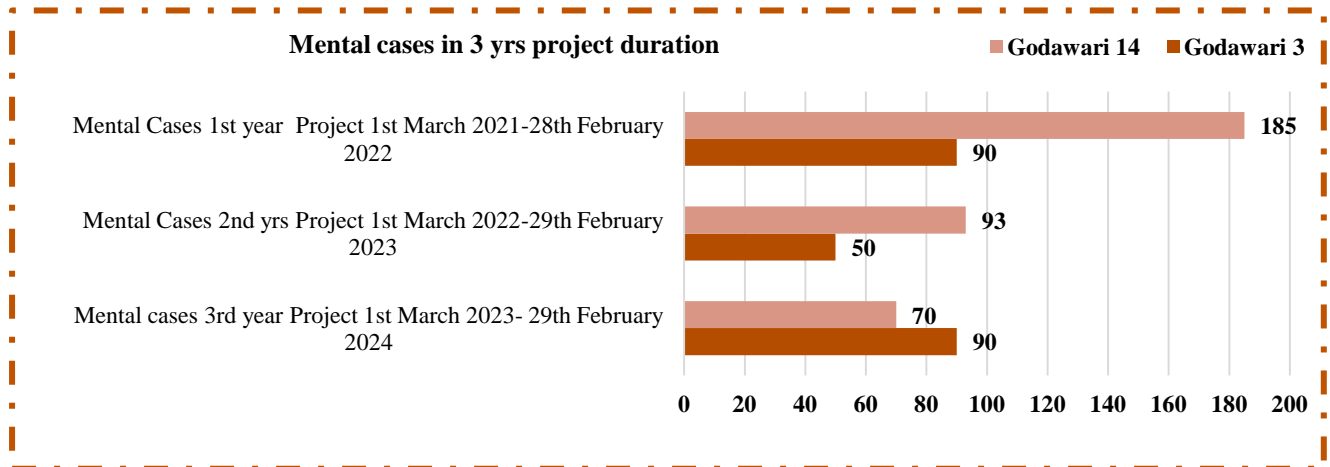
**"Last year I got 24 chicken. Now I have 48 chicken . They keep me busy. And I sell eggs and make money for my medicines. I talk with my chicken, it make me happy" Roma Tamang, mental health patient.**

# Horticultural & Poultry therapy

Horticultural and poultry therapy was a valuable method for promoting the mental health and physical well being. It have emotional benefits, reducing stress, reducing psychiatric symptoms, stabilizing mood, and increasing the sense of tranquility, spirituality and enjoyment.

Vegetable farming orientation, demonstration on the organic farming, soil sampling, tunnel farming and preparation of compost manure at home was done by professional trainer.

In 2023-202, regular follow up and counselling, succeeded to cure 65 mental health patients among 126. Most of them have grown their vegetable farming into commercial. And have start micro saving



**Note:** Mental health patients in 1<sup>st</sup> year of project duration was 275 in both target villages. And in 3<sup>rd</sup> year the number of mental health patients were decrease to 160. After the project started many hidden mental cases were identified, CDO Nepal supported through medical treatment, regular phone counselling, home visit, making them self-sustainable and create friendly environment for them in their communities.

## Cure from Horticulture therapy.

Kumar chettri, mental health patients have one of among 45 who practices horticulture therapy . Horticulture and poultry therapy have been very effective to cure him. He got organic training, vegetable seeds and chicken.

*“Now I work in vegetable farming in day time and looks after chicken in morning and evening. I am busy all the time. Now I stop taking medicines. At present i earn monthly around Rs 7000 and have been saving Rs1000 every month. With that income I buy my medicine. Now I am self-capable for my expenses. My family were able to eat fresh organic vegetable and they have been treating him better. All our neighbour start to talked to me. Now I am busy and happy all the time. Thank you CDO Nepal for helping me to get out of the mental problems making me self-sustainable.”*

**Horticulture therapy improve his health and indirectly change to positive perspective of his family members and villagers towards him.**

