

# CHILDREN SPEAKING UP AND ACCESSING MENTAL HEALTH SUPPORT

Children building capacities and researching

Asia and the Pacific: India

Because of the isolation, children were getting into depression, so we started coming up with innovative exercises to manage those needs and design a positive environment for the mental health.

During the covid lockdown, our team engaged with more than 3000 students, online across India. There were severe positive changes which were seen in their personality and mental health after the innovative exercises we undertook. We have also set-up a class of 45 students from all over India who were working dedicatedly in building their capacity in writing and voicing their opinions with their peers.

**The Intelligent Indian | Centre for Scientific Development and Environment Advocacy**

