

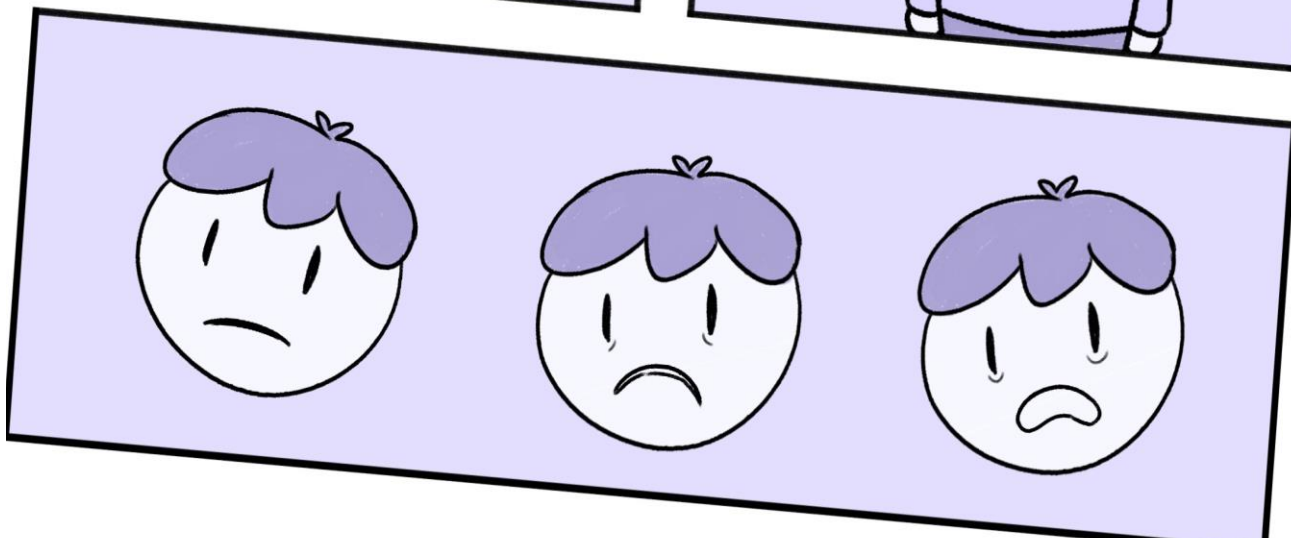
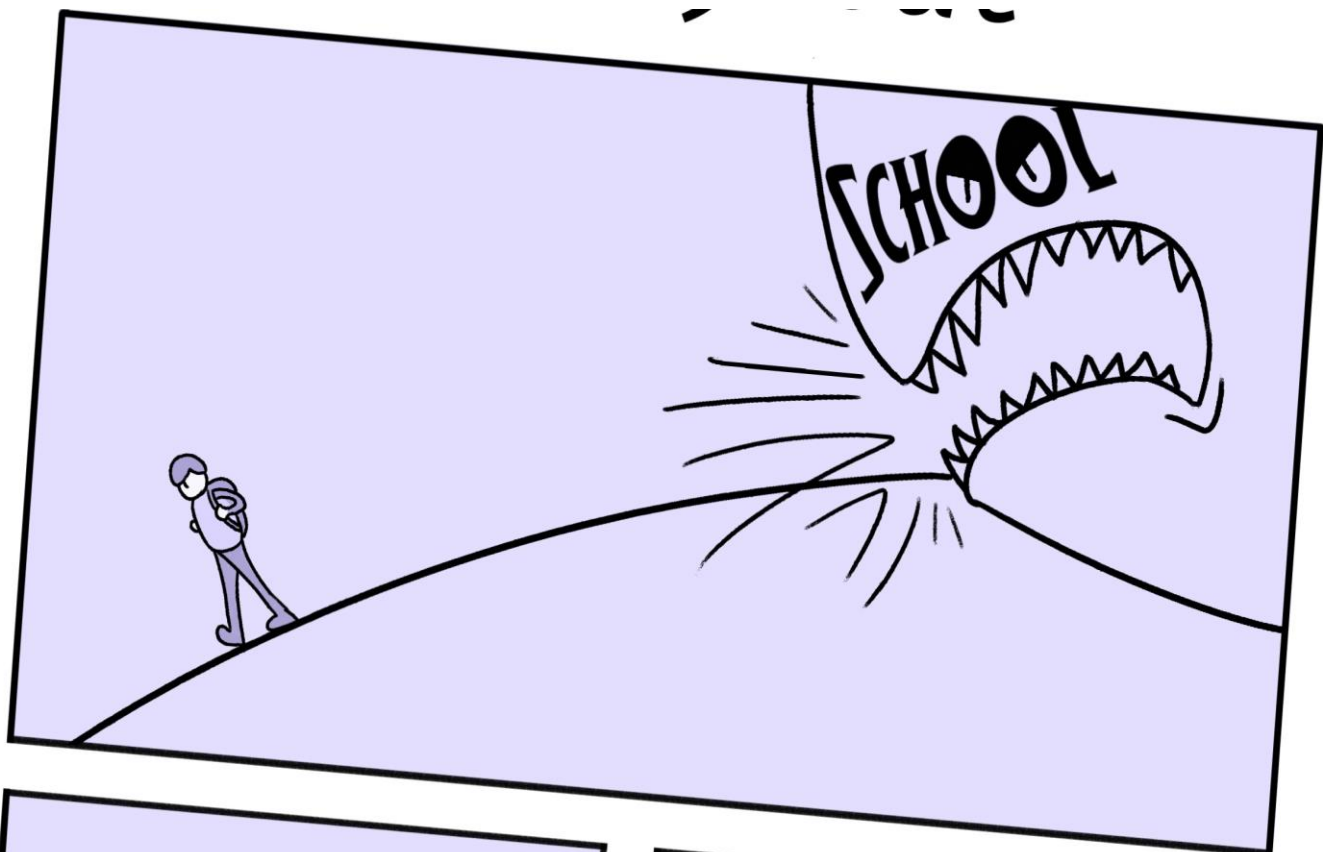
Take the step before it is too late:
'REACH OUT'

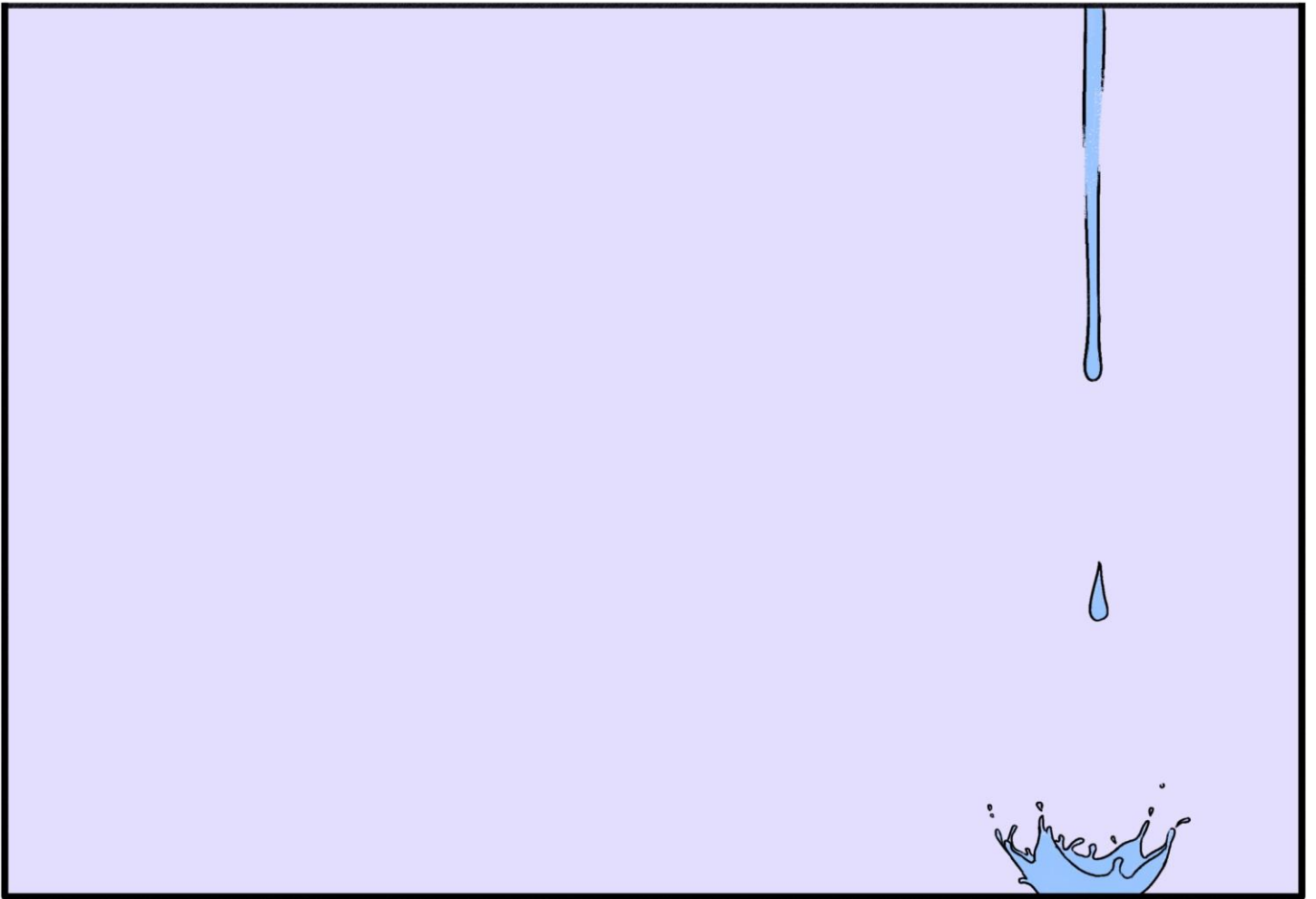
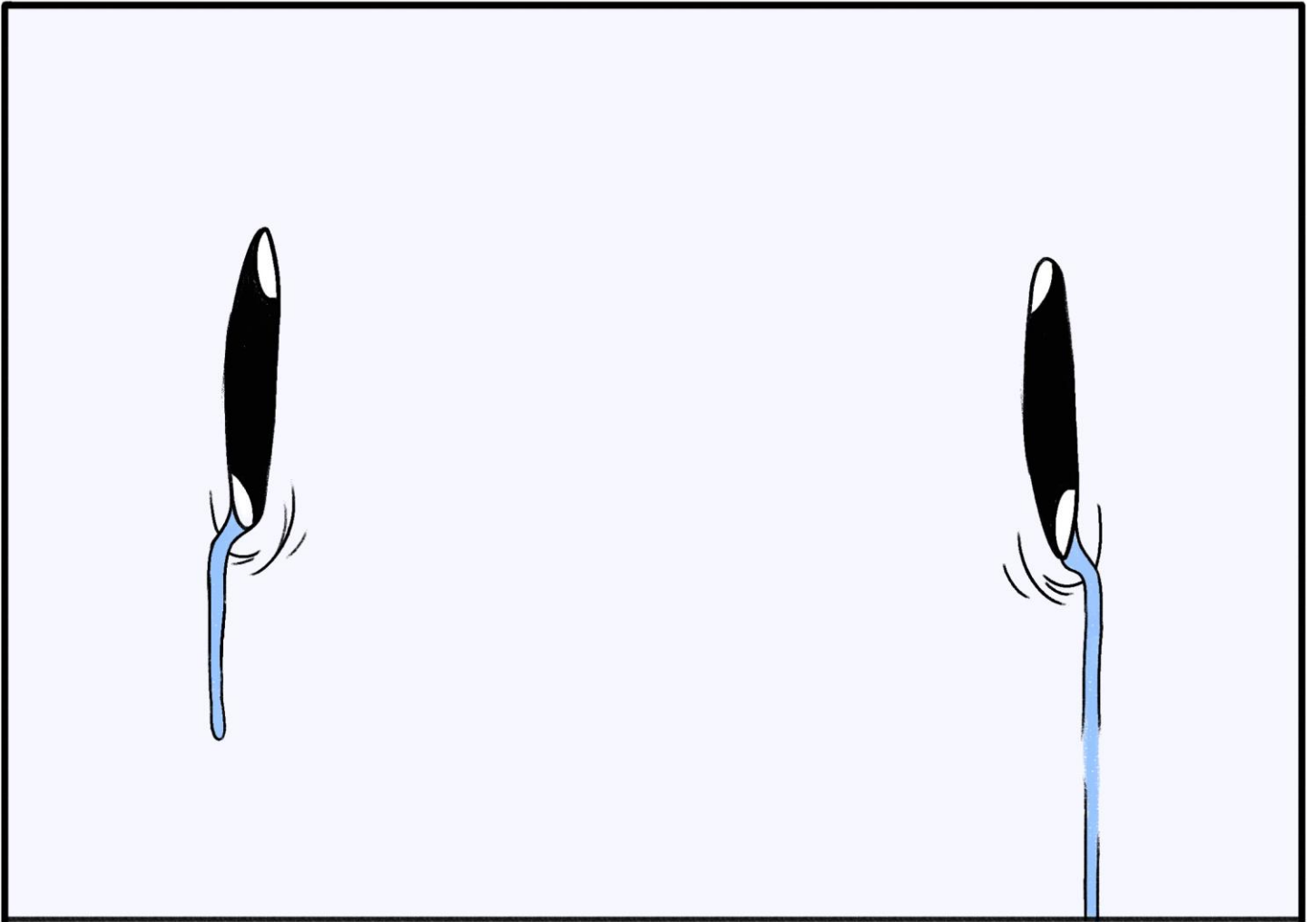
A Mental Health Awareness Comic

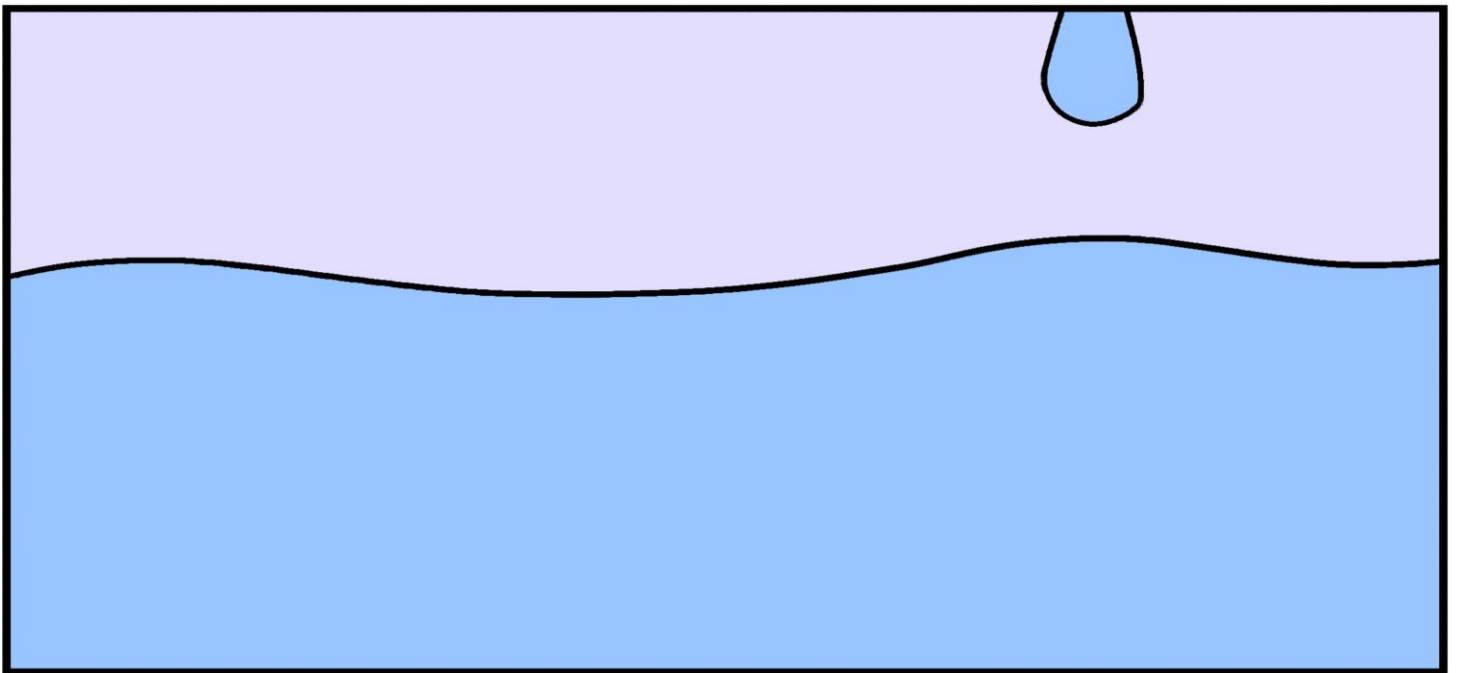
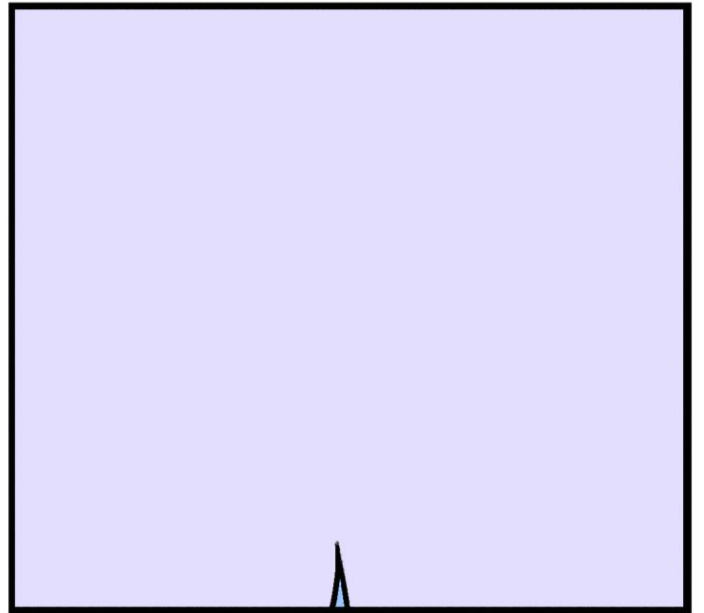
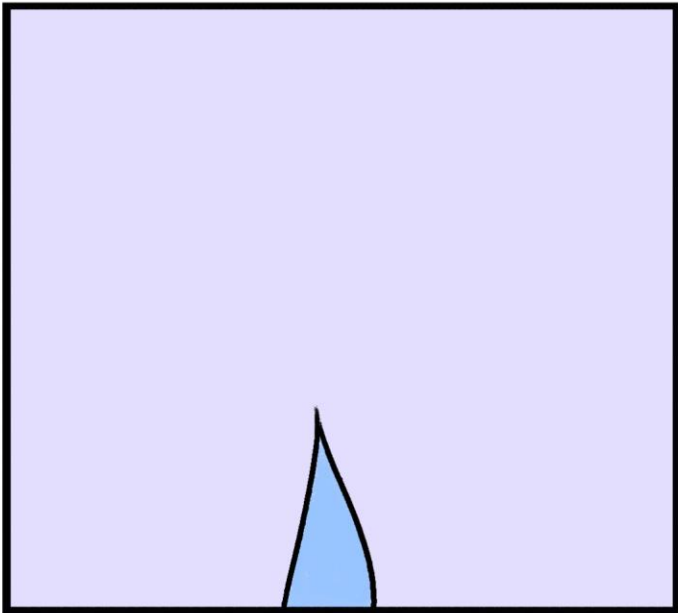
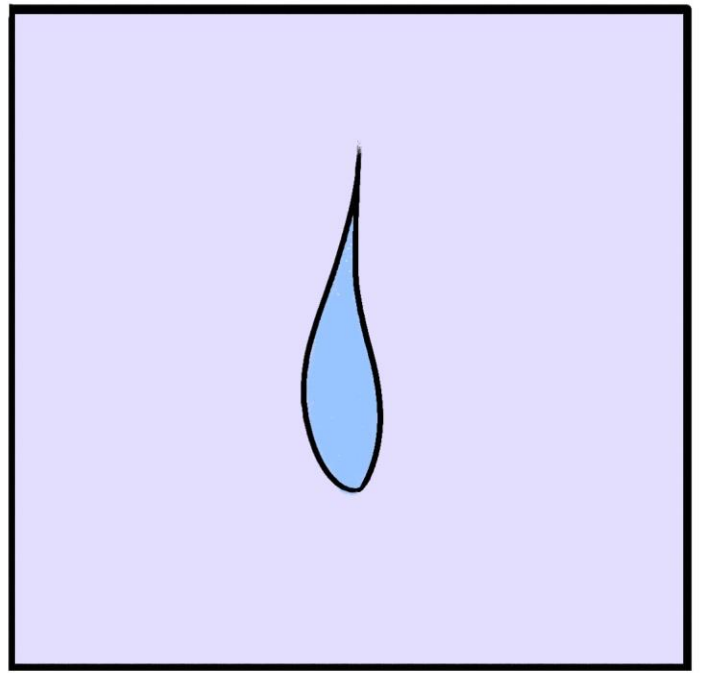
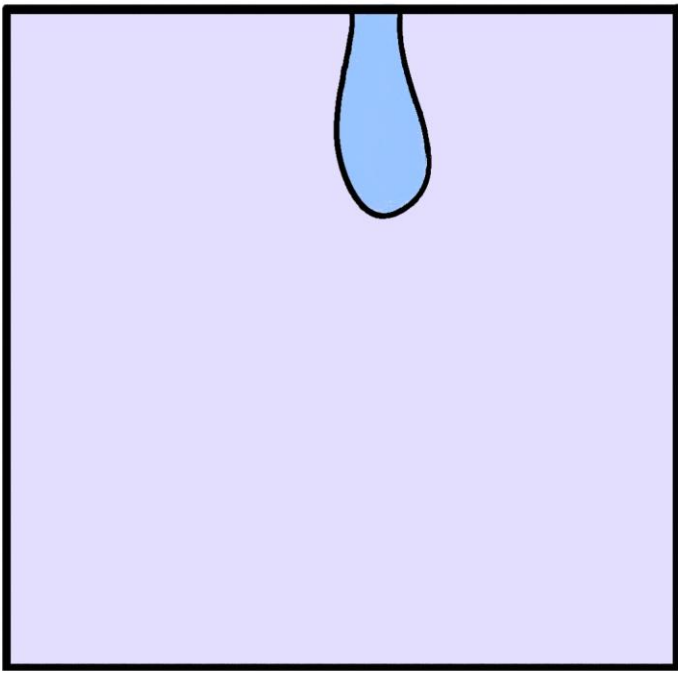
by Rishon Jose for
InkLink Charitable Trust

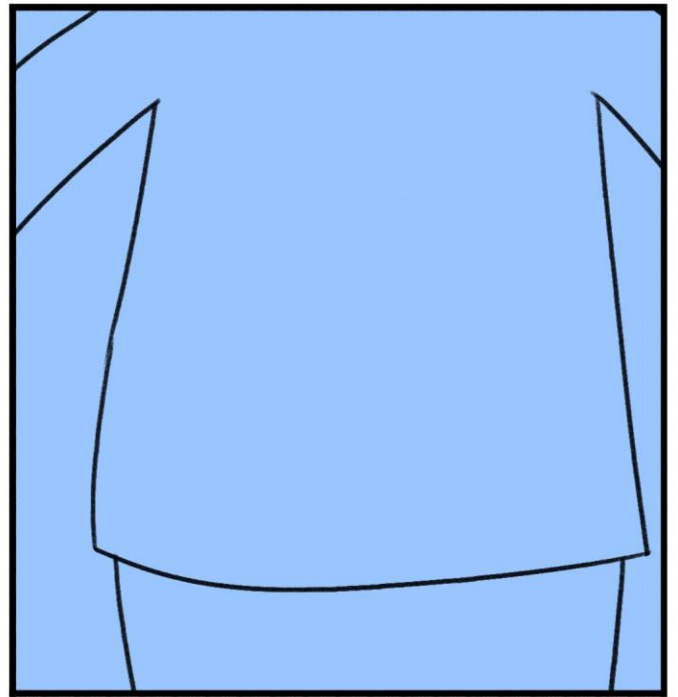
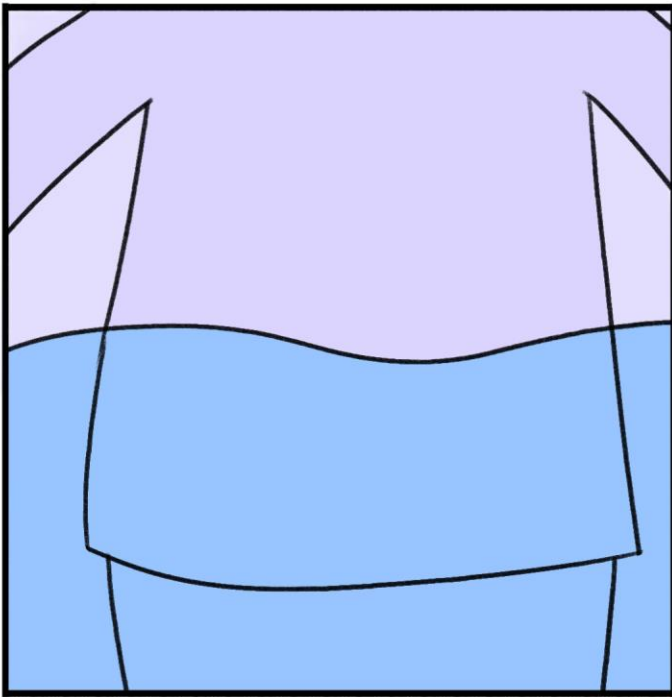
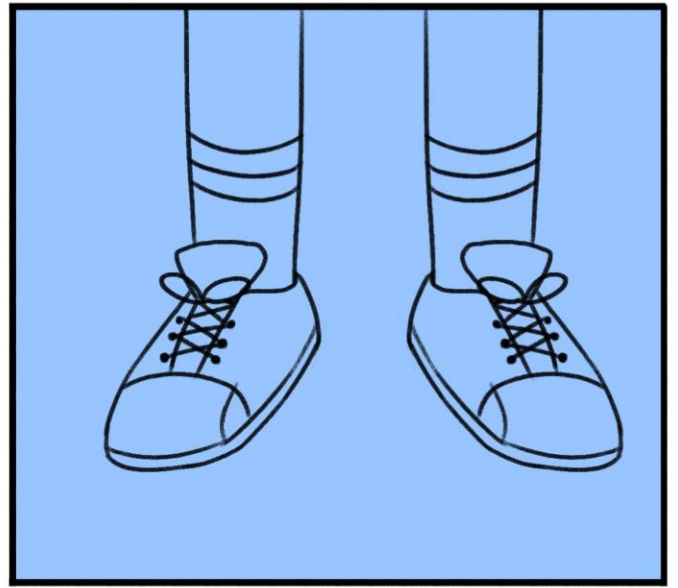
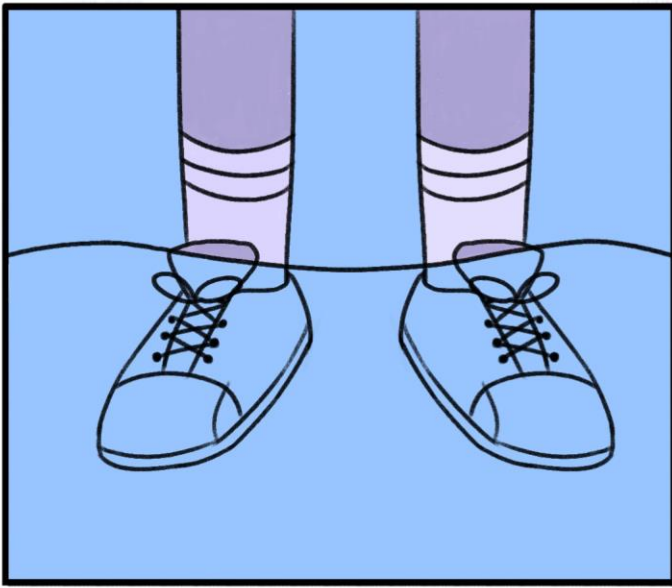
www.inklinktrust.org

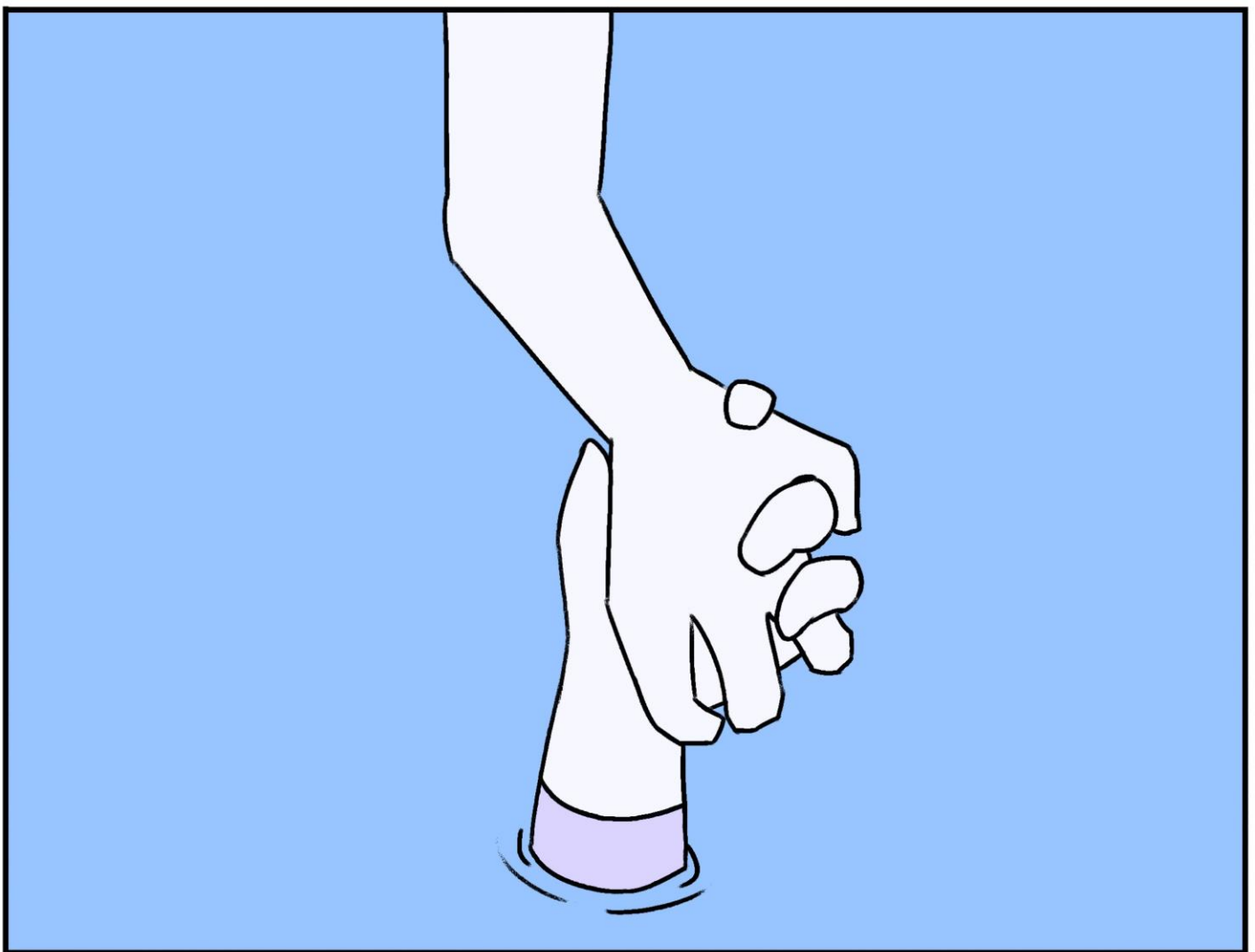
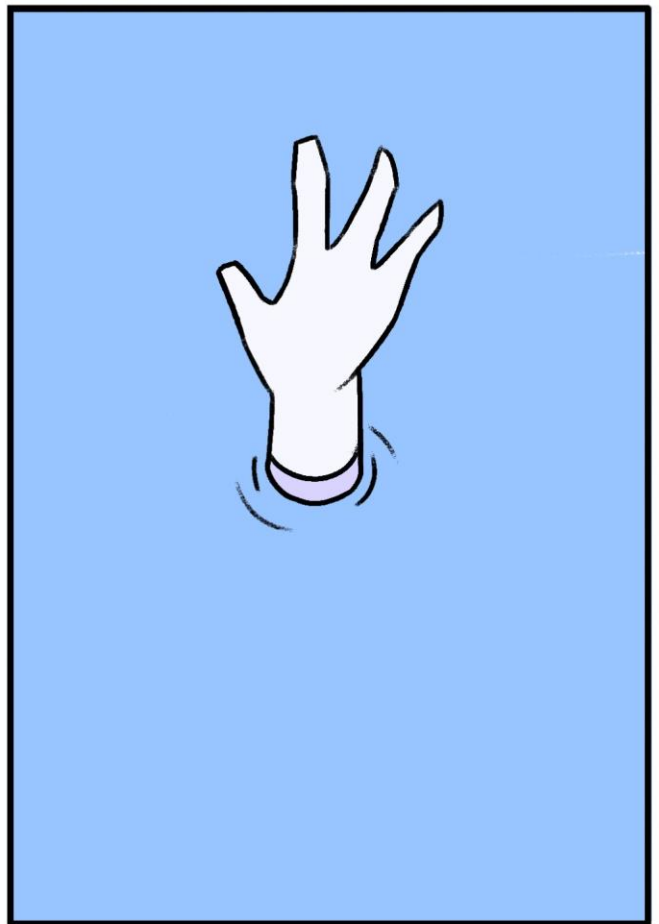
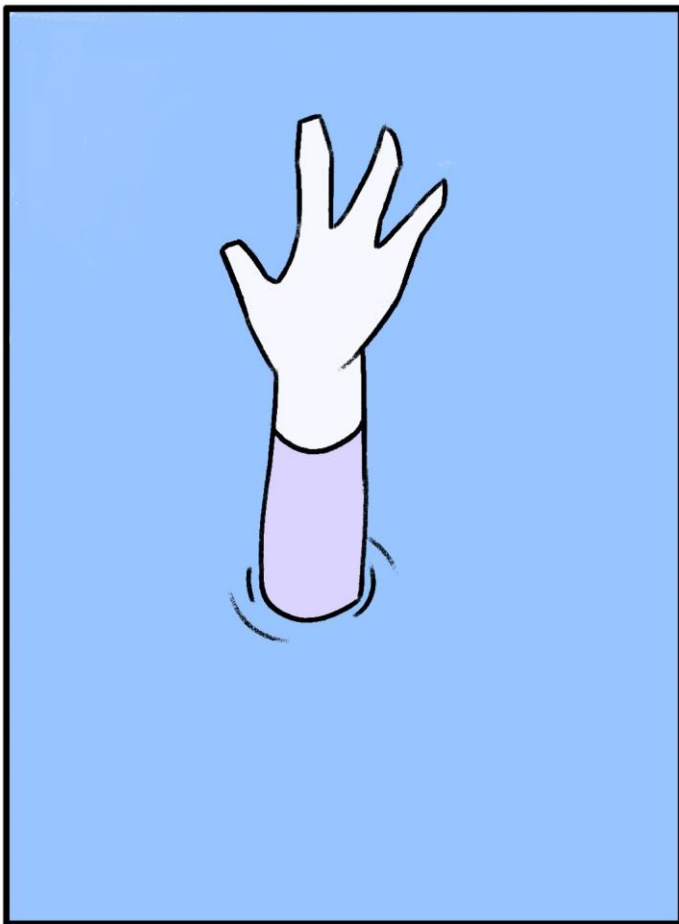










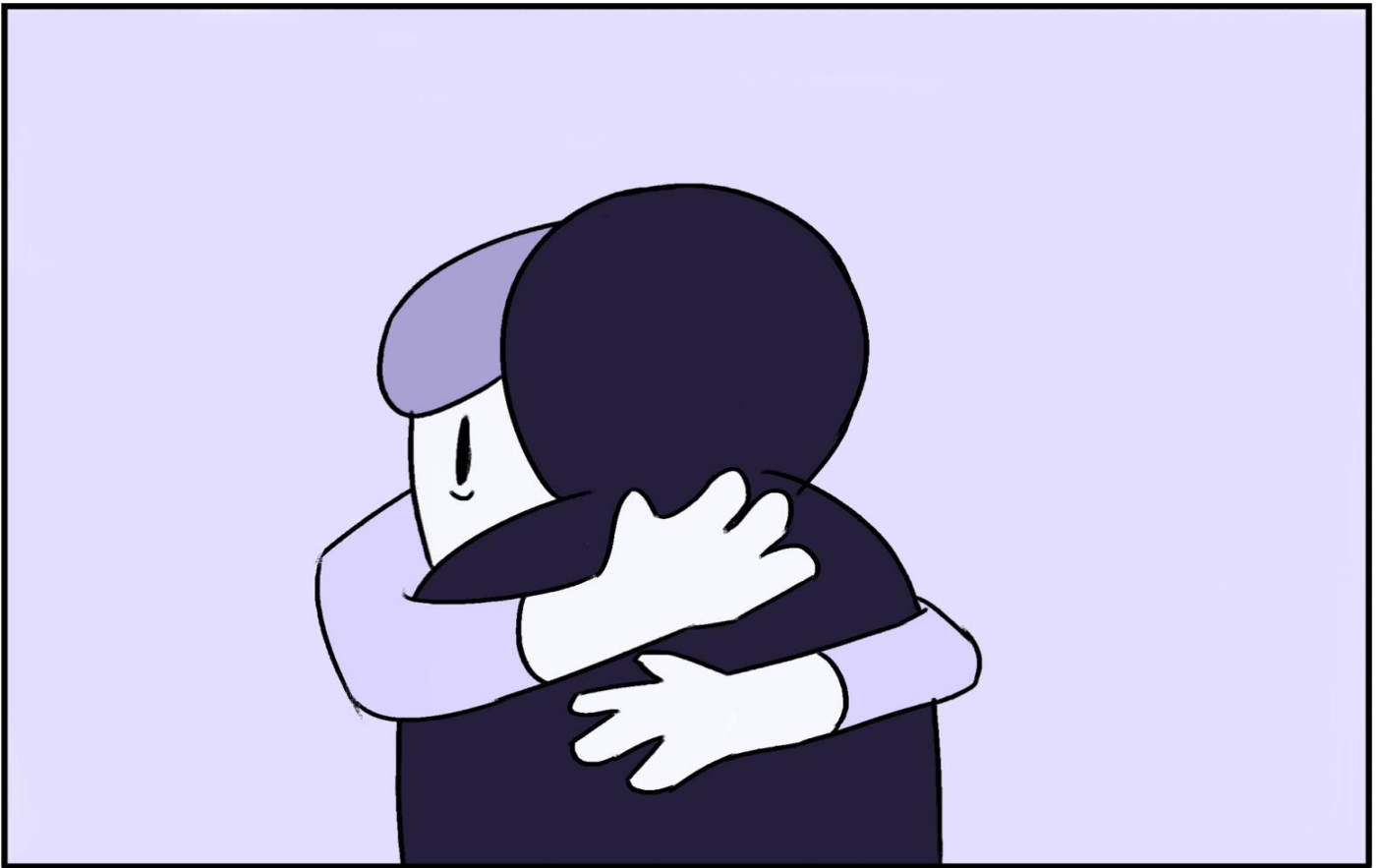




“Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of this issue in this age group”

–WHO

At any given point of time, nearly 50 million Indian children suffer from mental disorders, and this number will increase if the adolescent population is considered as well



We feel you

There's always someone
you can talk to ; there is **no**
shame in asking **HELP**.

So, please reach out for
HELP

Some facts to ponder:

In India, it is reported that the prevalence of child and adolescent mental disorders varying from 1.06% to 5.84% in rural areas, 0.8% to 29.4% in urban areas.

There are various reasons of adolescents' mental health problem and one such issue is "Bullying in school".

One, in every 3 children, is the victim of School Bullying.

Suicide is the fourth leading cause of death among adolescents-15-19 years old

Isn't it terrifying enough to take actions?

Take step before it is too late

What we can do as parents, teachers, friends, adults & policy-makers?

We can stop this by helping the victims: -

By stopping the "Bully"

By spreading awareness on bullying & mental health

By proper counselling

By creating a SAFE environment of growing up



www.inklinktrust.org

InkLink Charitable Trust is

- *spreading awareness through art & creativity
- *working on education, environment & sustainability
- *working with downtrodden children & women since 2012

This comic had been done by Rishon Jose, as a part of social-art-internship called “InkLink-Children for children”. Rishon is a 16 years old aspiring artist who loves drawing, movies, games & technologies.

The whole project was mentored by Ms. Shaswati Sengupta.