

# Annual Congress on Mental Health

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## Impacting factors on adolescents mental health in community of M-ward, Mumbai



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Adolescent mental health issues are important public health problems in India. Children and adolescents are valuable assets to families and nations and thus their overall well-being is a matter of grave concern. Mental health is very important aspect of life and different surroundings have their impact on adolescent's mental health. Sometimes negative environment is a major thing which is impacting and developing mental health disorders. The paper is based on experiences during working with adolescents at school and community M-ward in Mumbai. Migrant populations are mainly facing socio-demographic factors, poverty, social support and stigma. Poverty is associated with more total mental health difficulties whereas better social support was a protective factor, particularly caregiver support and mental health services. Adolescent migrants are often confronted by unique social challenges, including living in a vulnerable environment, academic difficulty, abuse and mental health problems. These issues can increase adolescent's vulnerability to mental health problems and compromise their capacity to protect themselves. The aim of the paper is to assess the effects of targeted psychosocial intervention to reduce mental health problems and improve outcomes among migrant adolescents. The intervention package comprised individual, group and creative arts therapy counseling sessions. Key outcome indicators included anxiety, depression, aggressive behavior, attention problems and social problems. This paper also suggests that future interventions should be tailored to address their different needs and would benefit from intensive follow-up efforts.

### Biography

Rakhi Sandeep Howal is working as a Psychiatric Social Worker and pursuing her PhD from Tata Institute of Social Sciences, Mumbai, India. She has 10 years' experience of working on social issues. She has presented her paper in an international conference "Promotive and Preventive School Mental Health Programme" in October, 2017, at Tamil Nadu, India.

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