Workshop with patients of bariatric surgery

In December 2017, Adveka Foundation held a workshop with patients who have had bariatric surgery. Bariatric surgery is weight loss surgery, and involves several different types of procedures depending upon the nature of the patient's health and weight issues. Around 10-11 patients attended the workshop. Sessions were held on goal-setting, and on building a positive self-stock. Through these sessions, patients learn how to cope with their post-surgery challenges in a healthy manner.

Image for representational purposes only. Credit: Pexels.com

Why we shouldn't put labels on mental illness

For a very long time, we didn't know what autism or schizophrenia meant. Now that we recognize and acknowledge that these are mental health conditions, and have some understanding of them, we struggle with the language surrounding them. When referring to someone with any of these conditions, the most commonly used terms are "autistic", "schizophrenic", and "depressed". However, when you think about it, these words are insensitive.

When we say "he is depressed" or "her child is autistic", we are labelling the person. Doing this means reducing them to just their mental health condition, equating their entire identity to their mental illness. We forget that this individual with depression is also an excellent architect, or that person who has autism makes the best pasta, or maybe has the best karaoke skills. We limit ourselves to seeing them as just a person and their mental health issue. And this is what we need to change.

Image for representational purposes only. Credit: Pexels.com

As a society, we need to learn adopt a new language. A language of understanding, non-judgment, empathy, and inclusion. So, from today, let us try to say "this person has depression", or "my neighbour's kid has autism", or something like "she had an episode of schizophrenia" instead of using labels. This goes for people with physical conditions, too. Instead of saying "she is diabetic", let us say "she has diabetes".

Simply put, this helps us separate the person from their condition. It allows us to see them as more than just their mental illness. It allows us to see them in their entirety. And this empowers each individual to be a part of a society that empathises with them, supports them, and is truly inclusive.

Adveka Foundation
An Organisation for Mental Health

Counselling for parents of children with autism

In December 2017, Adveka Foundation continued its partnership with Ashiana Institute of Autism, a Mumbai-based organization that works with children aged 3 to 16 years who have autism. Adveka held individual counselling sessions with the primary caregivers of these children: their parents. Topics included self care, emotional management, assertiveness training, healthy coping, and the importance of social support systems.

Counselling for parents of kids with special needs

Adveka continued individual counselling sessions with the parents of students from Priyanj Special School, which caters to children with special needs, especially those with autism spectrum disorder (ASD). Through these sessions, Adveka helps the parents cope better with the demands of caring for their children.

Do you have a story about mental health to share? Do get in touch with us at: advekafoundation@gmail.com