

# What Are We Working On?

Project MAP (Mental Health Awareness) Program- We at Project C Foundation, proudly introduce one of our finest programs known as the Project MAP (Mental Health Awareness Program). It offers an infusion of dedicated mental health awareness clubs across various institutions around the globe.

These established clubs will make mental health easily accessible and reduce the stigma around mental health by educating and training our stakeholders through our experts. Project MAP focuses on three areas which are- Educational Institutions, Corporate Institutions and Civil Organizations.

You don't need to worry since our team includes mental health specialists, social workers, peer support groups and counsellors who not only spread awareness but also provide assessment, crisis intervention, and supportive counselling when required.

We are immensely delighted to announce that we are inviting collaborations from educational institutions across the country for implementing Project MAP on the ground level. The collaboration is free of cost and is being undertaken for the goodwill of the partners involved.



Project C Foundation is a result of consistent effort and a vision which aims to provide an easily accessible, fast and secure platform to address issues surrounding mental health in a hassle-free manner. We are here to provide guidance and various services which ensure instant support to our clients.

More than 10% of the global population suffers from mental health issues but due to a lack of awareness and inadequate channels of professional help to cope with it, people are hesitant to come out and talk about what bothers them. At Project C Foundation, we are working towards bridging this gap by providing a platform that not only does acknowledge these issues but also gives an effective solution.

We are a group of passionate individuals who believe that the only way to eliminate mental health issues is to effectively address them without any stigma. We are determined to break apart from the vicious circle of shame created over the years.

## Contact Us

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We are on Social media platforms too! Follow us on-

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# How Do We Go About It?

We, at Project C Foundation, are passionate and dedicated to starting a conversation on mental health issues as well as addressing them with the required mechanisms.

We are seeking collaborations from educational institutions across the country so that we can initiate a dialogue on mental health among students, as well as faculty members/teachers.

Our primary aim is to establish mental health clubs in educational institutions on an academic year basis. These clubs will not only be only for consultation and counselling of persons who require help but would also conduct proper training among students and the faculties so that they become better equipped in handling exigencies regarding such issues.

Our dedicated team of Psychologists, Counsellors, Social Workers and Volunteers will make sure that these clubs are governed efficiently and our stakeholders benefit from this initiative.

As a part of collaboration efforts, we will be naming clubs along with the names of the institutes we will be collaborating with. For example ABC College × Project C Foundation.

## What's in it for our partners?



- This is for the first time that an initiative like this is being rolled out in educational institutions throughout our country. Our collaborators get a chance to be part in this noble cause
- We are inviting a free of cost collaboration which is totally undertaken for advancing the goodwill in our society
- Educational Institutions will hugely benefit as the mental health clubs will enhance their visibility as well as provide them a better image
- Our team at Project C Foundation will provide them constant support throughout the year in undertaking various initiatives
- Students and faculty members will get an opportunity to work with us directly in order to run the club in their institutions
- There is a good opportunity to inculcate leadership qualities among students and teachers. Also, this kind of collaboration will further strengthen their bond

**We, at Project C Foundation, look forward to collaborating with you on this exciting journey!**