



**BORBHAG Foundations**

## **BORBHAG Foundations and Mental Health Foundation (India) announce strategic collaboration on the occasion of World Mental Health Day**



**New Delhi, 10<sup>th</sup> October 2020:** BORBHAG Foundations and Mental Health Foundation (India) are pleased to announce a strategic partnership to address the stigma of mental health and deliver innovative access programs in a cost-effective manner. Through this partnership, both Foundations will leverage each other's strengths to deliver programs that positively contribute to improving the ecosystem for mental health in India.

Mental Health Foundation (India) is a registered not for profit organization, committed to working for better mental health of people to make a healthier nation, since its inception in year 2003. The Foundation works on a range of issues related to mental health. One of its benchmark contributions to the nation in the field of correction science is Psychological First Aid for Prisons, a first in India.

BORBHAG Foundations is guided by the philosophy that any development, growth, or profit cannot be a benchmark for success unless it aids and somehow contributes to a larger public good. Set up in 2014, we work across a range of issues including health & nutrition, education & skilling, environment conservation & heritage as well as programs focused on rural development.

Commenting on the partnership, **Anirudh Goswami, Founder, BORBHAG Foundations**, said, ***“Our partnership with MHFI is timely and contributes to our mission of serving as agents of change in society. It is time to go beyond traditional approaches, adopting comprehensive strategies that help bring down the walls in our minds - building stronger bridges as a community”.***

***We are happy to partner with BORBHAG Foundations to grow our mission and explore comprehensive approaches that have the potential to deliver on our goal of building healthy minds for a healthy nation***, added, **Dr. Nand Kumar, Honourable Founder, Mental Health Foundation (India)**.

Mental health is fast growing in its burden with recent lifestyle changes and pandemic situations only adding to this. When it comes to mental health in India, the biggest obstacle is lack of awareness with groups unaware that they may be mental health concern. Educating people about mental wellbeing is then an uphill task – coupled with the fact that discovery of a mental illness is often followed by denial and hesitation to seek help. Another defining characteristic of the mental health landscape in India is the gaps in care infrastructure – especially skilled health workers. Leveraging technology and innovative models such as Public Private Partnerships (PPPs) has become the need of the hour ensuring all stakeholders come together to grow access across the continuum.

As a starting point, the partnership is exploring a program for rolling out of tele health services for mental health in identified cohorts at strategic locations.



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