

# SELAH - PAUSE AND REFLECT

## 3 YEARS TO ROOM



Three years ago, Room began with an aim to provide accessible and affordable mental healthcare. In the span of three years, Room has catered to over 550 clients from all across the country and beyond with the help of 7 highly skilled empathetic, non-judgmental, and queer-friendly therapists.

Room has consistently tried to provide affordable and qualitative therapy to clients unable to afford it, at a sliding scale or pro bono. To be able to do this, generous donors have come forward to help us support the mental health of the community. We invite donors to support us in our cause.

Room completed its first batch of Master's level training and internship program. This training program is aimed at honing the trainee therapists with skills required for them as professionals. With the second batch close to an end, we're inviting applications for the third!

We are extremely grateful for the love of everyone who has supported Room directly and indirectly. All this love has also encouraged us to take a huge step to start our offline centre in Ahmedabad!

To visit us - Room, The Mindcare Space, 1019 - Dev Atelier, 100 ft road, Anandnagar road, Prahladnagar, Ahmedabad 380015.



# WHAT'S NEW IN THE WORLD OF MENTAL HEALTH:

As the world starts to go back to its pre-pandemic ways, research is actively showing us how much of an impact the covid-19 pandemic has truly made on our society. A study using meta-analytical techniques investigated the long-term impact on mental health due to the coronavirus. The study showed that the individuals who were in remission after acute covid-19 showed a range of psychiatric and neurological symptoms and conditions.

We, to a great extent, know the ramifications of covid on our pulmonary health and fatigue. However, mental health is given a lot less attention (what a surprise!). The study found that about 20% of the individuals developed psychiatric symptoms and conditions, and 19% developed neurological conditions.

Regarding the psychiatric symptoms, 18% of the individuals experience depression, about 18% deal with post-traumatic stress disorder, more than 16% develop anxiety, and 13% develop a sleep disorder. Anxiety and depression were present in about 12 to 15% of the individuals at 6 to 12 months after remission.

With the neurological symptoms, over 19% of the individuals displayed cognitive symptoms, and more than 17% experience memory loss. About 15% of the individuals have lost their taste of smell and/or taste, 12% found it difficult to sustain their concentration and 11% of the individuals experience frequent headaches.

Though the research sheds light on the impact covid has had on those who have experienced acute infection, there is a large percentage of individuals who have been experiencing mental health concerns because of covid's ripple effects in other aspects of our lives.



Mental health service providers have noticed an increase in the utilisation of their services. There has also been an increase in mood-related disorders globally. People are grieving the loss of loved ones, missed opportunities and adapting to the 'new normal'.

As important as it is to understand the long-term mental health consequences of those who are in remission from acute covid-19 infection, it is also equally important to understand the mental health consequences of the last two years from a global lens.



## Worksheet:

Take 5 minutes and reflect on some of the questions to check in on your mental health

1. How am I feeling today?
2. What has been worrying me lately?
3. Am I caught up with my body's basic needs? (Sleep, appetite, exercise, hygiene)
4. What brings me joy?
5. What was the highlight of the day?



# Things happening at ROOM

- **Therapist Talks** - We at Room believe that the first step towards creating a mental health-friendly community is through psychoeducation. The therapists give their point of view on various aspects of psychology and the self.
- **Opening in-person therapy space** - We are very excited to announce that Room is becoming more accessible with an in-person space opening up in Ahmedabad. Head over to our website or DM us for more information and schedule an offline session with us. Also, keep a look out for upcoming in-person events and workshops.



## Monthly takeaway

“You treat a disease, you win, you lose. You treat a person, I guarantee you, you’ll win, no matter what the outcome.”

- Patch Adams, 1998

