

An initiative by

*Caringly yours*

**BAJAJ | Allianz**



**BE A PARTNER IN  
MENTAL HEALTH  
WITH 10 QUESTIONS**

A series of questions to be asked when you  
see a friend/family/colleague/acquaintance  
\_\_\_\_\_ struggling with \_\_\_\_\_  
**MENTAL HEALTH.**

In collaboration with



Suicide Prevention  
India Foundation

Research partner



LIFE SURFERS  
MENTAL HEALTH ADVISORS



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# HEY MENTAL FIRST AID CARE PROVIDER,

YOU ARE DOING AN IMPORTANT AND DIFFICULT JOB. WE'RE HERE TO HELP YOU DO IT RIGHT. DON'T FORGET TO TAKE CARE OF YOURSELF IN THE PROCESS.

## FOLLOW THESE TIPS THROUGHOUT THE INTERACTIONS.

- Keep a check on your emotions
- This can be overwhelming, and it's okay
- Do not judge yourself as good or bad
- Be gentle and compassionate with yourself
- In case you're unable to offer support and feel too overwhelmed, seek support from others

Best of Luck.  
Mental Health Care Kit Team.

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LIFE SURFERS  
Mental Health Support



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To be used when you notice signs of increased anger / irritability / disinterest in social interactions in a friend/family/colleague for a few weeks OR notice an increase in conversations about lack of meaning and purpose in life/living

Always remain calm and listen without judgment

## ASK

# HAVE YOU EATEN SOMETHING IN THE LAST 48 HOURS

### IF YES

- Get them talking and expressing
- Engage in a pleasant activity (music, games etc.)
- Ask more mental health care kit questions

### IF NO

- Get them something to eat and eat with them
- Get them talking and expressing  
(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)
- Ask more mental health care kit questions



Involve more support providers from your family/friend group, if necessary



In case of extreme distress, connect with a mental health professional. Be actively involved until at least first session is conducted

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MIND. BODY. ACTION.





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## ASK

# HAVE YOU BEEN GETTING RESTFUL SLEEP LATELY?

### IF YES

- Ask more mental health care kit questions

### IF NO

- Get them talking and expressing  
(PS. your participation in exercise will encourage them)
- In case of sleeplessness over 4 nights, connect with a mental health professional
- Initiate conversation about "what is bothering you?"
- Ask more mental health care kit questions



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## ASK

# HAVE YOU BEEN GETTING ENOUGH EXERCISE?

### IF YES

- Ask more mental health care kit questions

### IF NO

- Encourage light exercise, if the situation permits  
(PS. your participation in exercise will encourage them)
- Ask more mental health care kit questions



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## ASK

# HAVE YOU TAKEN A SHOWER IN THE LAST 72 HOURS?

### IF YES

- Ask more mental health care kit questions

### IF NO

- Stress on hygiene and make a bath possible, if the situation permits
- Help them choose clothes / propose a salon visit or an outing where getting ready is required (if possible)
- Propose meeting friends/loved ones over tea/coffee
- Ask more mental health care kit questions



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## ASK

# HAVE YOU STEPPED OUT OF THE HOUSE IN THE LAST WEEK?

### IF YES

- **Get them talking and expressing**  
(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)
- **Engage in a pleasant activity (music, games etc.)**
- **Ask more mental health care kit questions**

### IF NO

- **Accompany them to an activity of their choice (encourage and probe but do not over push)**
- **Ask more mental health care kit questions**



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## ASK

# HAVE YOU BEEN KEEPING IN TOUCH WITH FRIENDS AND/OR FAMILY ?

### IF YES

- **Get them talking and expressing**  
(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)
- **Ask more mental health care kit questions**

### IF NO

- **Involve more family and friends, if possible**
- **Engage in a pleasant activity (music, games etc.)**
- **Ask more mental health care kit questions**



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## ASK

# HAVE YOU SPOKEN WITH SOMEONE ABOUT YOURSELF IN THE LAST FOUR DAYS?

### IF YES

- Ask more mental health care kit questions

### IF NO

- **Get them talking and expressing**  
(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)
- **Involve family and/or friends if possible**
- **Engage in a pleasant activity (music, games etc.)**
- **Ask more mental health care kit questions**



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## ASK

# HAVE YOU BEEN FEELING OVERLY ANXIOUS OR WORRIED LATELY ?

(CONTINUOUS FOR A FEW DAYS OR WEEKS)

### IF YES

- **Get them talking and expressing**

(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)

### IF NO

- **Connect with a mental health professional if the person is feeling anxious over a long period of time**
- **Ask more mental health care kit questions**



**Involve more support providers from your family/friend group if necessary**



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**Figure out an emergency response plan along with the professional**

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## ASK

# HAVE YOU BEEN HAVING THOUGHTS OF HELPLESSNESS WITH SELF-HARM ?

### IF YES

- Connect with a mental health professional immediately
- Accompany them for the first session
- Stay involved in the treatment plan
- Ask more mental health care kit questions

### IF NO

- **Get them talking and expressing**  
(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)
- Engage in a pleasant activity (music, games etc.)
- Ask more mental health care kit questions



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## ASK

### ARE YOU USING ANY SUBSTANCES TO SELF SOOTHE AND/OR MEDICATE?

#### IF YES

- Note down quantity and frequency
- Connect with a mental health professional if substance abuse is perceived
- Ask more mental health care kit questions

#### IF NO

- Get them talking and expressing  
(Be mindful of emotional and behavioral changes to understand signs even if they do not express openly)
- Ask more mental health care kit questions



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**If most answers are of a negative nature continue being on high alert and stay in touch. Be on the lookout for aggravation and distress.**

**In case of prolonged distress, immediately connect to a mental health professional. Be actively involved until at least first session is conducted.**

**If most answers are of a positive nature check in again in a few days. Be on the lookout for signs of aggravation and distress.**

**This Mental Health Care kit is not a replacement for a professional Mental Health Assessment and cannot be considered as expert medical advice.**

**Research and kit developed & curated by Life Surfers. Bajaj Allianz General Insurance is not liable for any content issues or consequences arising out of the same.**

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