

Since October 10th is observed as the World Mental Health Day every year, with the “*overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health*”, we at FII have decided to call for articles for the month of October, 2019, on Mental Health & Well-being and the range of experiences associated with them.

Here are some pointers that might help you write your piece:

- 1) Personal Experiences (positive and negative): Postpartum Depression, Change of places (moving in/moving out), grief etc.
- 2) Experiences at the therapist
- 3) Coping mechanisms
- 4) Mental Health with intersections of caste, class, sexuality, gender, religion, disability etc.
- 5) Living with people with mental health issues (care-work, emotional labour)
- 6) Experiences at your workplace, campus, family or home

This list is not exhaustive. Please feel free to write about other topics, which we might have missed listing.

We understand that some of you might be uncomfortable writing about your personal experiences with and around mental health issues. You can let us know in your submission mail whether you would want to remain **Anonymous** when we publish this.