



"It's okay to not be okay"

Most of us may have come across this strong mental health phrase, right? Now as powerful as its underlying message is, have we ever thought about 'how do we make it okay'?

WHO states that it's the lack of mental health awareness that worsens already existing mental health issues.

On the other hand, the benefits of a healthy mind? Plenty! As per the NMHA, people who are mentally healthy are resilient, have happier relationships, make better life decisions, etc.

This World Mental Health, all we want to convey is that we're here to help your mind and wellness thrive. Are you with us?

"Let's Together Make Mental Health OKAY"

- Okay for us to break the attached stigma
- Okay to be discussed openly and
- Okay to have our own mental health plan until we're ready to seek professional guidance

A LIVE webinar by

Ms. Puroitree Majumdar, Senior Clinical Psychologist

When: Wednesday, 20th October | 6.00 PM

Where: [Zoom](#)

Got questions that you would want our Expert to address LIVE? Register below.

[CLICK HERE TO REGISTER](#)

Don't forget to [mark your calendar](#).

In case of any queries or concerns, please do write to us at campus@yourdost.com.

**Here with you,
Team YourDOST**
