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Neerja Birla

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Biography

Her endeavor is to create a movement, empowering mental health in the most holistic way conceivable. We need to ensure that individuals or families distressed with mental health, psychological or emotional problems have the right to dignified and professional therapeutic interventions and treatments. Most of such problems go undetected, due to a lack of awareness and education. Individuals or families do not seek the right path of treatment, owing to the stigma and discrimination towards mental health. This leads to immense struggle and pain, sometimes over years, for these individuals and their families. At Mpower, we will provide inimitable campaigns, seminars and workshops to bring about awareness and education to stamp out stigma and discrimination. We will promote strategies and modules for proactive prevention. We will establish world class, holistic and multi-disciplinary services for therapeutic interventions and treatments.

Notes: