

the
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story

Free Mental

Health Resources:

Empowering Your
Organization for
World Mental
Health Month



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Hello!

We are The Alternative Story.

If you haven't heard of us, we are a mental health organization. We provide emotional and wellbeing solutions to both individuals and organizations. We pride on being an organization that is led by mental health professionals and people with mental health issues themselves. We are feminist, anti-caste, queer affirmative, trauma-informed and kink aware.

October is Mental Health Month. This year, as a gift from us we would like to offer your organization one of these three things **free of cost****. What are those things? Read on.

**** Though we are happy to offer this for free to your organization, we highly encourage you to Pay-What-You-Want to raise funds so that we can offer free therapy sessions to those who can't afford it.**

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The What?

There's a lot of research done about employee mental health. There's a lot of statistics available about it as well but what truly matters is you care about your employees.

At The Alternative Story, we want to help you make a difference in the lives about employees. Hence, this World Mental Health Month, we would like to offer three options to you.

1. A complete mental health audit of your organization
2. A workshop on how to create your mental health policy
3. A workshop for your employees

What?	Mental health audit	Mental health policy workshop	Workshops
Who is the audience?	The leaders of the organization	The leaders of the organization	All employees
Duration	Depending on the size of the organization - 1 week to 1 month	Half a day	45 - 60 minutes
Benefits	<ul style="list-style-type: none">• Provides a clear roadmap• Birds eye view of the organization's mental health	<ul style="list-style-type: none">• Provides documentation and plan in cases of crisis.	<ul style="list-style-type: none">• Provides skill building, empathy and confidence
Output	A report with recommendations	A workshop	A workshop and happy employees.

The What?

A comprehensive mental health audit

A mental health audit looks at where you are currently and provides a pathway for you to achieve your employee wellness goals. Through surveys, we will analyze multiple facets of the organization and provide you with a report.

This report will help you:

- Discover the Wellbeing of Your Team
- Evaluate Employee Burnout Rates
- Tailored Assessments based on Organization Size
- Insights for Sustainable Growth

Our comprehensive Mental Health Audit provides valuable insights into your organization's mental health landscape. For organizations with under 25 employees, we'll assess the entire team. For those with 25 to 500 employees, we'll focus on 10%. Organizations with 500 to 5000 employees will benefit from a 5% evaluation, and for those above 5000 employees, we'll assess 1%.

The What?

A workshop on creating mental health policy

Having a mental health policy serves many purposes. It communicates your commitment to employee wellbeing, prohibits discrimination, promotes awareness and establishes protocols in case of crisis. A mental health policy will bring in your ideas, your goals and add structure to it. This policy encompasses the vision of the organization with respect to the mental and emotional wellbeing of the employees.

In this workshop, we will help you create a policy for your organization. In this half day workshop, we invite 2 -5 people from your organization. Through trainings and discussions, we should have the first draft of your mental health policy ready.

The What?

Workshops for employees

Workshops are 45 to 60 minutes session with your employees. Each workshop tackles an important skill that is important in today's world. You can pick one of the below topics or tell us about an issue you are facing and we can customize a workshop just for you!

Some of topics are:

- a. Burnout Prevention
- b. Time Management
- c. Stress Management
- d. Navigating Difficult Conversations
- e. Building Resilience
- f. Emotional Intelligence
- g. Self-Compassion
- h. Mindfulness
- i. Setting Goals and Achieving Them

The Why?

Why should you be interested?

At The Alternative Story, we believe that one size does not fit all when it comes to mental health and personal development. That's why our offerings serve as examples of the diverse topics we can explore together. Our goal is to create what is perfectly aligned with your organization's unique needs, challenges, and aspirations.

Customized for Your Organization: Our interactive workshops are not off-the-shelf solutions; they are tailored to your specific requirements. We work closely with you to identify the areas that matter most to your employees, ensuring that the content is relevant and impactful.

Designed for Different Groups: We understand that different segments of your organization may have distinct needs. Whether it's parents seeking work-life balance, women's groups, or other specific demographics, we can customize workshops to resonate with each group's experiences and concerns.

Flexible Delivery Options: Choose the format that suits you best. We offer the flexibility of in-person workshops in Bombay, Delhi, and Bangalore, allowing for valuable face-to-face interactions. Alternatively, we provide online sessions for convenience and accessibility, making it easy for your employees to participate regardless of their location.

Pay-What-You-Want for a Worthy Cause: We believe in the power of giving back to society. All proceeds from our services will be treated as donations to the Morakjar Vidyasagar Foundation, supporting their noble mission. You have the freedom to contribute as you see fit, knowing that your generosity will make a difference.

The Why?

Why should you care?

According to the Lancet, in 2017, 197.3 million people had mental disorders in India which means one in seven Indians.



Microsoft Work Trend Index study shows that at 29 percent, India has the second-highest number of employees dealing with corporate burnout.



In a Deloitte survey, 47 percent of professionals are going through workplace-related stress, which is the biggest factor affecting their mental health.



The economic loss due to mental health conditions, between 2012-2030, is estimated at USD 1.03 trillion.

Employee wellbeing programs (with a focus on mental health promotion) have been proved to be cost-saving; companies save anywhere between \$3 to 15 per for every 1\$ spent on workplace mental health programs

Who?

The Alternative Story

[The Alternative Story](#) is a mental health start up provides wellbeing services to individuals and organizations alike. The organization was founded by mental health professionals and mental health user survivors. We believe that counselling should be affordable, intersectional feminist, anti caste trauma-informed, and kink-aware. The Alternative Story is the pioneer of Pay-What-You-Want services and provide individual, couples and family therapy.

Morajkar Vidyasagar Foundation

The Morajkar Vidyasagar Foundation is a section 8 company registered under the Companies Act, 2013. The MV Foundation is committed to making mental healthcare services accessible and affordable.

During the pandemic, the MV foundation provided over 2000 free therapy sessions, conducted free support groups and listening circles along with providing scholarships for students from marginalized backgrounds who want to become mental health professionals.

Next steps

How to get in touch with us

Ready to Get Started? If you're interested in taking advantage of these valuable offerings, simply schedule a conversation with us by clicking [here](#) or emailing us at rashi@thealtstory.in

We're here to answer your questions, tailor our services to your needs, and embark on this journey towards better mental health together.

This World Mental Health Awareness Day, let's make a positive change in your organization's mental health culture. Join us in creating a happier, healthier, and more resilient workplace.

Let's prioritize mental health, not just today, but everyday.