

Today's topic: **Breaking barriers to mental health care**

Barriers

Inaccessibility of services

Costly

Others don't think I need to seek professional help

Dislike talking about my feelings

Fear of negative labels by society

Counselling means I'm weak

Prefer help from family and friends

Possible solutions

Self reflection/ introspection

Mindnotes app
Telemanas helpline
*First step to better mental health.
Connects you to professionals.*

Prioritise your own well-being

Free helplines

May be a support system. Sometimes not sufficient

Provides support during psychological distress

Educate them and help yourself

