

SMILE - Solution to Mental Health Issues Leveraging Empathy

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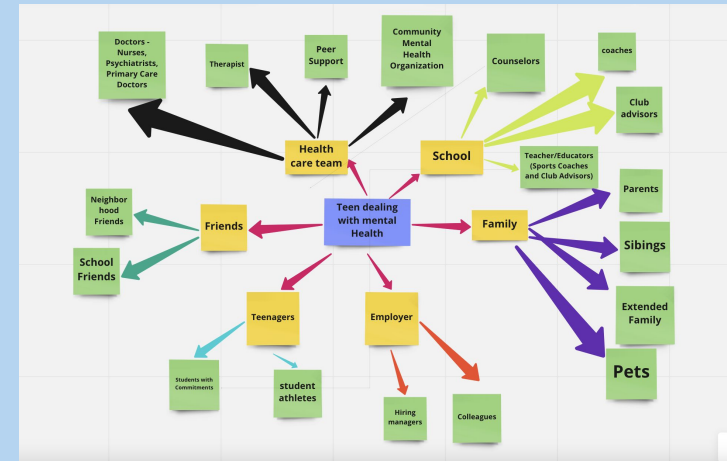


Introduction



Unmet Need: The stigma regarding teen mental health

Need Statement: A way to address the lack of awareness of mental health among families of high school students in the Chester County school district in order to spread the knowledge of mental health illnesses by 10%.



Solution

- Solution: Website that address teen mental health issues
- Prototype 1: Host a standalone website
- Prototype 2: Host a website on School Website
- Prototype 3: Host a website on Sewa Organization



SMILE
Solutions for mental health transcending diversity

ABOUT US:
We are passionate, driven by the mission of helping more people live a happier life. If you love people and like challenges - come and join us!

CONTACT US
EMAIL: sewageit@gmail.com
WEBSITE: <http://smile4kids.org/india/en>

DONATE:
<http://smile4kids.org/india/en/donate>

OUR MISSION:
Making mental health help accessible and convenient — to anyone who struggles with life's challenges can get help, anytime and anywhere. We hope our website will help people understand that mental health is just as critical as physical health.

MENTAL HEALTH OBJECTIVE:
"Make mental health and well-being for all a global priority". It is a call to action to refocus our attention on the importance of mental health. We must raise awareness of the challenges faced by too many, including millions of children. We can ensure mental health professionals and advocates have what they need to help people at risk. We can prioritize mental health for ourselves, our communities and for the world. We see a group of motivated high school students who are part of the Sewa FA/DE cluster. We are striving to address the stigma around Mental Health by providing an avenue for people to seek help.

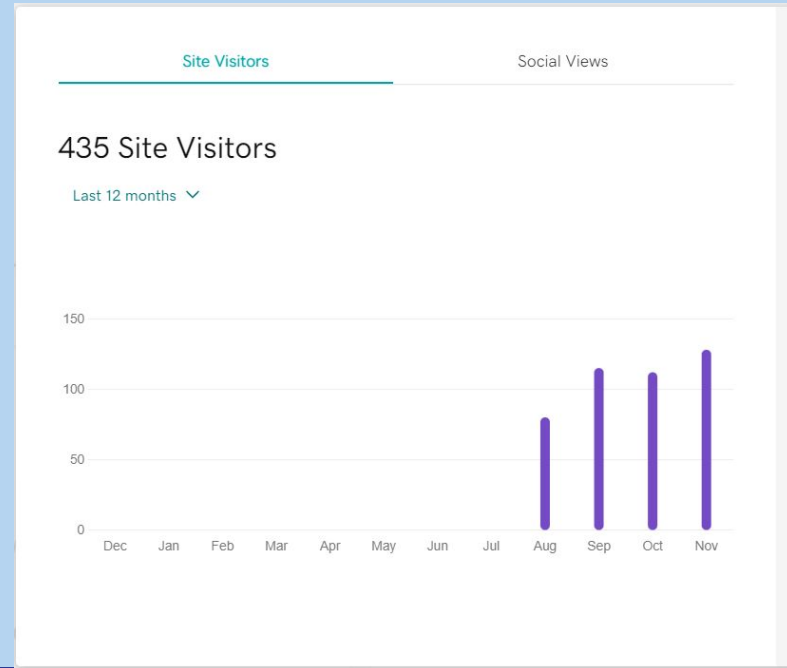
Sewa International is a Hindu faith-based, humanitarian, nonprofit service organization registered under Internal Revenue Code 501 (c) (3). Founded in 2003, Sewa International is part of a larger movement that started in India in 1909 and is active in twenty countries. Sewa serves humanity irrespective of race, color, religion, gender or nationality.

Sewa International, USA
P.O. Box 82667, Austin, TX 78782-8667, Tel: 8-202-0774
9800Greenwood, 98004-9804, www.sewausa.org

Implementation

<https://smileforeveryone.org/>

- Created awareness through website.
- Formed a club in the Shipley school
- Distributed flyer to promote our website
- 400+ site visitors



Future Plans:



- Linking our website with the Sewa Website
- Starting a club in another one of our schools (Downtown S.T.E.M. Academy)
- Involving our local PA/DE chapter to help promote the website
- Working with school counselors to make videos about support mechanisms in regards to mental health
- Working with Doctors/Therapists to create videos guiding teenagers on mental health awareness

Partner Comments

- **What are your thoughts on the solution we are trying to implement?**

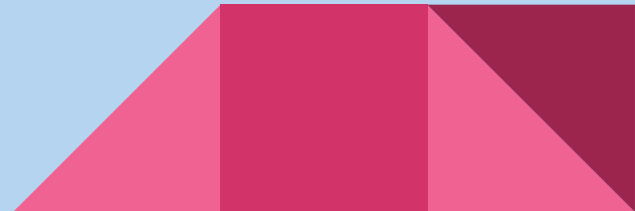
It is a workable solution if the plan is implemented as designed. The resources offered are excellent in helping to solve the unmet need but the website needs to be marketed in order to reach a bigger audience and have a bigger impact.

- **What are your opinions of the approach our group is using to solve this problem?**

With the limitations of a budget and personnel, I feel that using a website and club are options that provide the team with a good platform to implement their solution and solve the problem.

- **Do you think this solution will have a lasting impact on the community?**

Yes, as long as the maintenance and the running of the club is carried forward by the coming batches of Sewa volunteers.



Reflection(s)



- **What went well**
 - Introduction to real life problems
 - Planning and Organization
 - Research techniques
 - Team Collaboration
 - Working with Stakeholders
 - In person meetings

- **What could be improved:**
 - Time management

