



ST. STEPHEN'S HOSPITAL

SERVING HUMANITY IN THE SERVICE OF CHRIST

DEPARTMENT OF PSYCHIATRY

In association with the College of Nursing and Community Medicine Department

MENTAL HEALTH WEEK

5th to 12th October 2026

**Lived experiences heard:
real voices, real change**

Let us move from listening to action – and
build mental health systems with people with
lived experience, not merely for them.

- **Mental Health Sensitisation Talks in the outpatient and inpatient departments and the community set-up**
- **Interactive Activities for Nursing Students**
- **Opportunity for the 'real people' to talk about their experiences**
- **Mental health talks at Delhi University Colleges**

Mental Health Matters. Every Mind, Every Story, Every Day.

"Behind Every Patient Is a Story. Let's Make Mental Health Part of Care."

CONTACT US

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