Hoopsters'

MHW

MENTAL HEALTH WATCH Club

Awareness • Intervention • Support

A pioneering initiative to build a well-informed, resourceful community that challenges and changes society's perception of mental health.

@ EDUCATIONAL INSTITUTIONS, CORPORATES, GATED COMMUNITIES AND ACTION JUNCTIONS

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THE ISSUES AROUND MENTAL HEALTH THAT ARE PLAGUING THE SOCIETY TODAY

Rise in mental health related issues

Lack of support system for the those in need of help

Dearth of qualified/reliable Counselors

The Myths and misconceptions are still rampant

The societal stigma around the topic

People are in denial

Rise in suicidal tendencies and addictions amongst children

Inclusivity at workplace and schools still a far away dream

Children suffering because of late diagnosis of issues

Relationships disrupted due to stress and emotional management issues

Decrease in productivity at workplace due to stress

The list goes on.....

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TELEVISION PANEL DISCUSSIONS.
WORKSHOPS. WEBINARS. SOCIAL MEDIA
POSTS. SEMINARS. CONFERENCES.

Everyone keeps talking
about mental health issues
and what we need to do to change the way
things are.....

BUT

The present scenario is
proof enough that
ONLY TALKING DOES NOT HELP

IT IS
TIME TO ACT

Why Mental Health Watch Club?

•"Because mental health is not a one-time conversation—it’s a continuous journey. It needs connection, continuity, and care. The Mental Health Watch Club brings individuals and communities together to support each other, access expert help, and build a culture where mental health is understood, valued, and nurtured every day."

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The future depends on how we act today.

Objectives of the Club

- Promote mental health literacy
- Enable early intervention
- Create a safe, non-judgmental peer support network
- Connect individuals with reliable professionals
- Engage consistently with the community

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Core Components of the Club
@ Schools, Corporates and Hoopsters' Action Junctions

1. **Workshops**: Monthly, themed, interactive sessions
2. **Early Intervention Support**: Identification + guidance
3. **Peer Support Circles**: Monthly meet-ups + sharing space
4. **Professional Network Access**: Verified mental health experts
5. **Continuity in Engagement**: Follow-ups, online check-ins, clubs
6. **Reward System**: Incentives for active contributors

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Workshop Topics on Mental Health, Relationships & Sexuality & Relationships

1. Understanding Mental Health & Reducing Stigma
2. Building Healthy Relationships (friends, family, partners)
3. Consent and Boundaries: Emotional & Physical
4. Managing Peer Pressure and Social Media Influence
5. Gender Identity and Sexual Orientation Awareness
6. Puberty, Body Image, and Self-Acceptance
7. Coping with Breakups and Relationship Conflicts
8. Emotional Regulation and Communication Skills
9. Sexual Health and Safety (age-appropriate content)
10. Seeking Help: Whom to Talk To and How

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And more.....

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Addressing Workplace Issues

1. Stress in the Workplace: Causes, Coping & Balance
2. Burnout and Work-Life Balance
3. Communication and Conflict Resolution at Work
4. Coping with Toxic Work Environments
5. Mental Health Advocacy in the Workplace
6. Digital device and other Addictions

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Addressing Educational Institutions & Home Issues

1.Common Issues at School: Bullying , Exam Anxiety, Peer pressure etc.

2.Navigating Parent-Child Communication

3.Relationships

4.Emotional Intelligence

5.Academic Pressure and Self-Worth

6.Digital device and other addictions.

7.Creating a Mental Health Friendly Home Environment

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Workshop Structure

- 2-8 hour engaging format (variable)
- Part 1: Icebreakers + mental health topic
- Part 2: Group activities + skills training
- Part 3: Reflections + Peer Dialogue
- Takeaways: Personal assignments + check-in schedule

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Creating Peer Support Circles

- Safe sharing spaces
- Trained peer leaders facilitate
- Monthly in-person or virtual meets
- Document trends for proactive support

Early Intervention Mechanism

- Signs tracked via workshop check-ins + peer leader reports
- Immediate support from club members
- Referral to qualified professionals
- Confidential, respectful process

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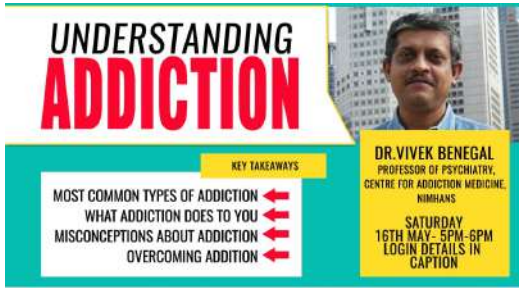
Our Expert Panel: Trusted, Qualified & Compassionate

We have assembled a panel of highly experienced and reliable professionals who serve as the core facilitators and counselors of the Hoopsters' Mental Health Watch Club.

Our licensed professionals are trained not just in clinical care, but also in empathetic, community-based engagement. They guide workshops, supervise peer circles, offer one-on-one support, and ensure that every participant feels seen, heard, and supported.

This expert backbone guarantees that every interaction within the club is safe, sensitive, and impactful.



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Extending awareness beyond workshops

HOOPEX TV
STARTING CONVERSATIONS
A Hoopsters' Venture

- **Content:**
  - Expert videos on mental health, relationships, and sexuality
  - Animated explainers for different age groups
  - Real-life experience stories shared by members and professionals
  - Monthly spotlight themes (e.g., anxiety, consent, body positivity)
- **Access:** Members-only online platform with moderated discussions
- **Involvement:** Encourage members to contribute videos, reviews, and suggestions

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Extending awareness beyond workshops

HOOPEX TALKS
Real People • Real Experience

- A **live interactive on-ground platform** for individuals to share experiences

- Experts interact with live audiences and create awareness on various subjects

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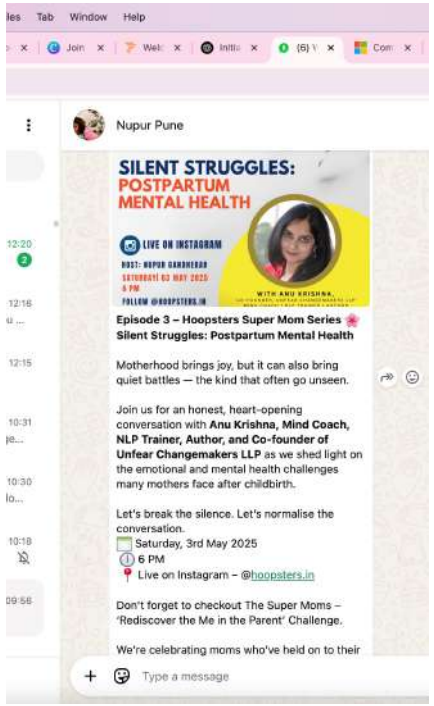
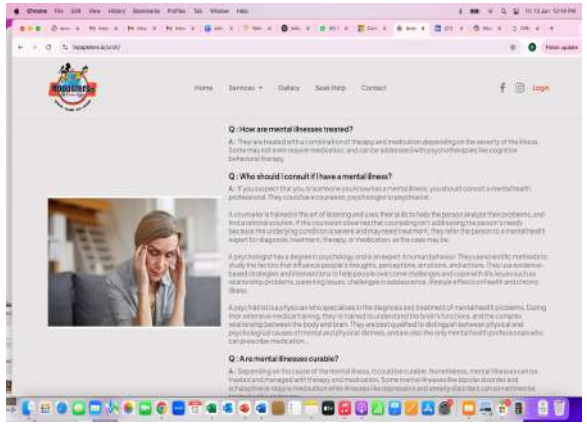
Extending awareness beyond workshops

- Monthly newsletters
- Online mental health journal prompts
- Quarterly mental wellness challenges
- WhatsApp/Telegram support groups (moderated)





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Reward System for Proactive Members

- Points system for participation, referrals, support
- Monthly shoutouts and digital badges
- Exclusive access to leadership opportunities
- Certificates and goodies for active contributors
- Year-end recognition awards for top supporters

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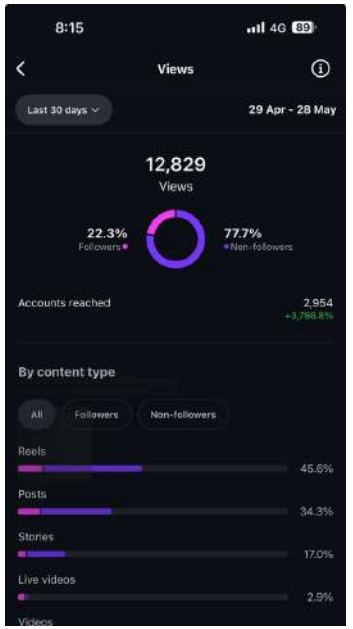
Impact Measurement

- Participant feedback surveys
- Peer leader reports
- Attendance & engagement metrics
- Stories of transformation
- Surveys to gather data and analytics



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Benefits from the Mental Health Watch Club

•**Children & Youth**: Gain emotional strength and the confidence to seek help when needed.

•**Parents**: Learn to support theirs' and their children's mental well-being through expert and peer-backed guidance.

•**Teachers**: Are empowered to identify and address emotional distress in classrooms effectively.

•**Educational Institutions**: Build a culture of empathy, safety, and holistic development.

•**Employees**: Access tools to manage stress, improve emotional resilience, and work-life balance.

•**Corporates**: Create mentally healthy workplaces that boost morale, retention, and productivity.

•**Society at Large**: Moves toward a stigma-free, supportive community that prioritizes well-being.

"The Mental Health Watch Club invites individuals, groups, and organizations to be changemakers in the space of emotional well-being. By joining, you contribute to a culture of empathy, resilience, and proactive mental health support that benefits everyone."

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AN INITIATIVE BY

Hoopsters Jr

KNOW • LEARN • DO • SHARE

www.hoopsters.in

THE LEAGUE OF ACTION HEROES

AN INSPIRED COMMUNITY

CHILDREN • PARENTS • SCHOOLS