



haathi  
in the room

## HIR Team



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*President*

Megha Rastogi  
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*Treasurer*

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*Secretary*

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## How did we come about with the HIR idea this?



There is a rife stigma attached to mental illness and little open discussion within our community

- Associated with shame/‘sharam’
- Those who suffer are often labelled as either “weak” or “stupid”

Haathi in the room idea came about from synonymous with the metaphorical English idiom of an elephant in the room, which means that there is an obvious problem or difficult situation or unpleasant experiences that people do not want to talk about.

## What is our vision?

- To start the conversation, and reduce the stigma around mental illness in the South Asian community
- ...we are giving a voice to the “Haathi in the Room” an advocacy group



## WHY ARE WE DOING IT?



### Anxiety, depression and suicide



## Why are we doing it?



- Research has found South Asians in Australia are considerably less likely to seek mental health professionals compared to the general Australian population. This is due to experiencing similar levels of psychological distress as other Australians.
  - Many migrants arrive in Australia with good mental health, which deteriorates after the first 12 months - linked to the stressful process of acculturation, language and social difficulties, and difficulties in finding employment.
  - Worldwide, Indian women have higher rates of suicide than women of other nationalities.
  - Currently, mental health awareness raising initiatives and resources are from organisations such as Beyond Blue and R U OK **are not culture-specific**. Our organisation aims to address this gap.
- By starting a conversation, and educating the community, we empower individuals to take charge of their own mental health, and the mental health of those around them.

## How HIR helps?



- Haathi in the Room understands mental health is important.
- Raise awareness through the workshops and seeks to have an open and transparent conversation with the community about these 'taboo' subjects, thereby reducing the stigma in the community, and encouraging people within the community to seek help, or encourage others to seek help.
- It also seeks to highlight the importance of ongoing management of one's mental wellbeing.

## How to contact us

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- Like our Facebook page: <https://facebook.com/haathiintheroom/> to hear more about upcoming events. We also share material and important messages via the Facebook page to help spread awareness.

