FREE LIVE WEBINAR · 08

Mental Health at Every Age

From childhood to old age, the right care helps minds recover



Bharosa 90-Day Complete Mental Wellness Program

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

BHAROSA™
Neuro Psychiatry Hospital

Meet Your Doctor

BHAROSA™
Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

Bharosa Neuro Psychiatry Hospitals

Chief Consultant Psychiatrist

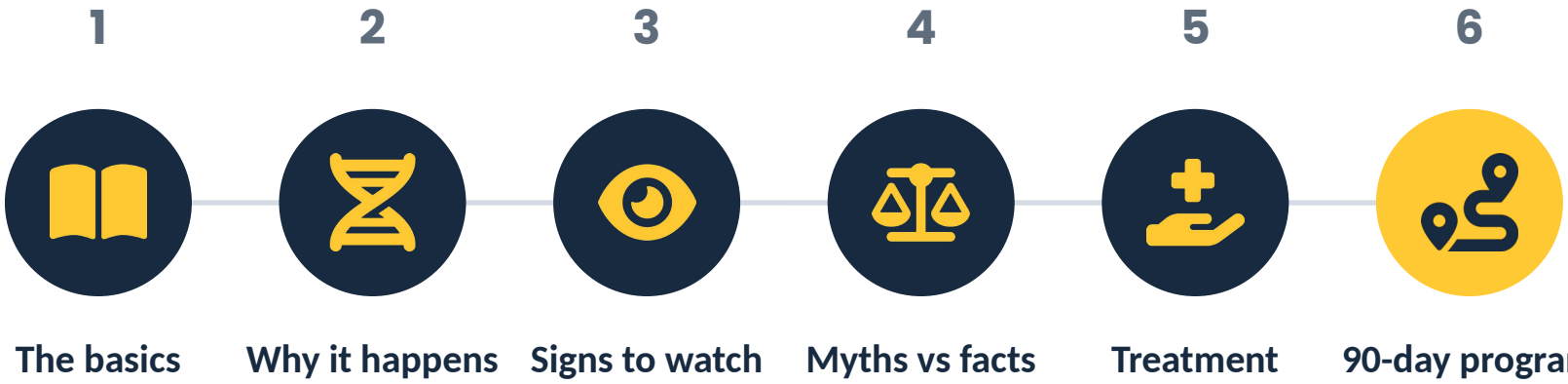
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

BHAROSA™
Neuro Psychiatry Hospital



Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Is Mental Illness?

BHAROSA™
Neuro Psychiatry Hospital

A health problem of the brain and mind that changes thinking, mood and behaviour



It is a real illness

As real as diabetes or BP, just in the brain



It can affect anyone

Any age, any family, rich or poor, village or city



It is treatable

Most people improve well with early, correct care

How Common Is It?

BHAROSA™
Neuro Psychiatry Hospital

1 in 10

Indian adults have a mental illness right now (10.6%)

National Mental Health Survey (NMHS) 2015-16, NIMHANS

70–92%

of people with mental illness get no treatment

NMHS 2015-16, NIMHANS – treatment gap

~50%

of mental health conditions start by age 14

World Health Organization (WHO), 2020

It Can Touch Every Age

BHAROSA™
Neuro Psychiatry Hospital



Children

ADHD, autism, learning and behaviour problems



Teenagers

Exam stress, depression, anxiety, phone and drug use



Adults

Depression, anxiety, psychosis, bipolar, alcohol use

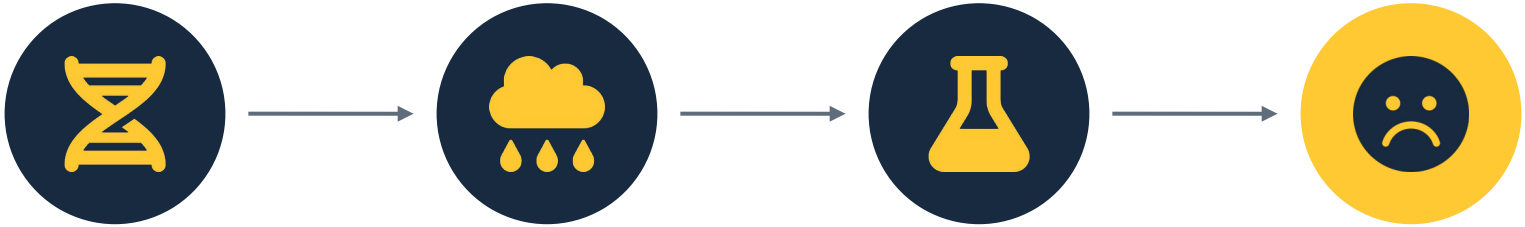


Elderly

Memory loss (dementia), late-life depression, isolation

How Mental Illness Develops

BHAROSA™
Neuro Psychiatry Hospital



Inherited risk

Some brains are born more sensitive (genes)

Stress hits

Loss, exams, money, conflict, drugs, illness

Brain changes

Brain chemicals and circuits go out of balance

Illness shows

Mood, thinking, sleep and behaviour change

Body, mind and life around us together decide when illness comes, and how we recover

What Causes It?

BHAROSA™
Neuro Psychiatry Hospital

Genes

Runs in some families, raises the risk

Brain chemistry

Imbalance in brain messengers like serotonin

Childhood hurt

Abuse, neglect, loss or fights at home

Stress

Work, exams, debts, marriage or grief

Alcohol & drugs

Ganja, alcohol and drugs harm the brain

Body illness

Thyroid, stroke, sugar, pain, head injury

Early Warning Signs

BHAROSA™
Neuro Psychiatry Hospital



Too little or too much sleep



Stays alone, avoids people



Sudden anger or irritation



Marks or work falling



Talks about death or dying



Strange beliefs or fears

Problems in the Young

BHAROSA™
Neuro Psychiatry Hospital

Children & teens

Often mistaken for laziness, naughtiness or bad parenting



ADHD & autism

Cannot sit still or focus; poor speech or eye contact



Learning problems

Smart child, but struggles to read, write or do maths



Exam stress

Fear, headaches, stomach pain and crying before exams



Teen depression

Sad, angry, isn't sleeping, glued to phone, defiant

Problems in Grown-ups

BHAROSA™
Neuro Psychiatry Hospital

Adults & elderly

Often hidden behind body pains, drinking or 'old age'



Depression, anxiety

Low mood, worry, panic, no interest, body aches



Psychosis, bipolar

Hearing voices, suspicion, very high or very low moods



Addiction

Cannot stop alcohol, ganja, tablets or gambling



Dementia in elders

Forgets, gets lost, lonely, sad, stops eating

How It Affects the Family

BHAROSA™
Neuro Psychiatry Hospital

Studies & job
Falling marks, lost jobs, dropped careers

Home peace
Daily fights, fear and tension for everyone

Money
Wasted on wrong treatments, lost income, debts

Health & life
Poor physical health, accidents, risk of suicide

> *For two years we called it laziness and went to temples. One proper diagnosis changed our home.*
>
> — A family member

Myths vs Facts

BHAROSA™
Neuro Psychiatry Hospital

MYTH	FACT
It is black magic, evil eye or possession	**It is a brain illness. Doctors, not rituals, can treat it**
Only weak people get mental illness	**It can affect the strongest people. It is not a lack of will**
Psychiatric medicines are addictive or make you dull	**Most are not addictive. The right dose helps you think clearly**

Red Flags: Act Today

BHAROSA™
Neuro Psychiatry Hospital

- Talks of suicide or self-harm
- Violent, aggressive, breaking things
- Hears voices, very suspicious
- Refuses food or water; not sleeping
- Fits or confusion after stopping alcohol

Act today

Do not leave them alone. Call now (see below) or reach Bharosa today.

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Find the Problem

BHAROSA™
Neuro Psychiatry Hospital

01



Detailed talk

Patient and family share the full story

02



Mind tests

Standard tests for mood, memory and IQ

03



Body tests

Blood tests, scans, EEG to rule out other causes

04



Clear diagnosis

Correct name of illness and a treatment plan

THE GOOD NEWS

Recovery Is Possible

With early, correct and complete treatment, people of every age get life back on track

BHAROSA™
Neuro Psychiatry Hospital

Five Pillars of Recovery

BHAROSA™
Neuro Psychiatry Hospital

One team · one plan · every day



Right medicines

Correct diagnosis, correct dose, regular follow-up



Therapy

Talk therapy to change thoughts and habits



Family support

Family learns how to help and stay calm



Healthy routine

Sleep, food, yoga and exercise on time



Return to life

Back to school, work and home, step by step

Medicines and Therapies

BHAROSA™
Neuro Psychiatry Hospital

Medicines

- Correct diagnosis first, then medicine
- Right medicine, right dose for each age
- Takes 2–6 weeks to show full effect
- Regular follow-up; never stop on your own

Therapies

- CBT: changing negative thinking
- Family therapy: healing the home
- Child therapy, play and parent training
- Occupational therapy and rehab

Why a 90-Day Program?

BHAROSA™
Neuro Psychiatry Hospital



Real recovery needs time, routine and support

Time to work
Medicines and therapy need weeks to show full effect

Safe space
Away from stress, triggers, alcohol and arguments

New habits
Daily routine becomes a habit that lasts at home

Your 90-Day Roadmap

BHAROSA™
Neuro Psychiatry Hospital

Day 1-30

Assess & stabilise

- Full check-up and diagnosis
- Start right medicines safely
- Settle sleep, food and safety

Day 31-60

Treat & rebuild

- Daily therapy and skills
- Family therapy sessions
- Yoga, exercise and routine

Day 61-90

Return & follow-up

- Home visits and slow return
- Relapse prevention plan
- Regular follow-up after discharge

Your Care Team at Bharosa

BHAROSA™
Neuro Psychiatry Hospital

Every patient in the 90-Day Complete Mental Wellness Program is cared for by:



Psychiatrists



Psychologists



General physicians



Dietitians



Yoga trainers



Fitness trainers



Nurses, 24×7



Family counsellors

A Typical Day at Bharosa

BHAROSA™
Neuro Psychiatry Hospital



Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

What Families Should Do

BHAROSA™
Neuro Psychiatry Hospital

Do

- Listen calmly without judging
- Give medicines on time, every day
- Keep sleep and meal times regular
- Come for family sessions and follow-ups

Avoid

- Don't blame, shout or call names
- Don't stop medicines on your own
- Don't delay treatment for rituals
- Don't hide it out of shame

Choose Your Nearest Bharosa

BHAROSA™
Neuro Psychiatry Hospital



L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Complete Mental Wellness Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Complete Mental Wellness Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

BHAROSA™
Neuro Psychiatry Hospital