

CSR – Solh Wellness

Social Entrepreneurship in Mental Health



Introduction Mental Wellness

Today, nearly 1 billion people live with a mental health related disorder

It is expected that in the next ten years, depression will put more burden on nations than any other disease.

75% people don't have access to effective care

About 50% of mental health disorders start by the age of 14.



1 in 8

live with a mental health condition

COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide – WHO (2022)

Scale up and speed in addressing mental illness are essential to achieving the Sustainable Development Goals (SDGs) of ensuring healthy lives and the well-being for all at all ages by 2030.

Failure to do so, could have devastating socio-economic impacts.

Source: WHO

COVID-19 pandemic has disrupted or, in some cases, halted critical mental health services in 93% of countries worldwide. Given the chronic nature of the disease, this translates into a significant economic impact worldwide.

Mental Wellness Needs Immediate Intervention

THE 4 Cs

Contagion: Fear of disease contraction.

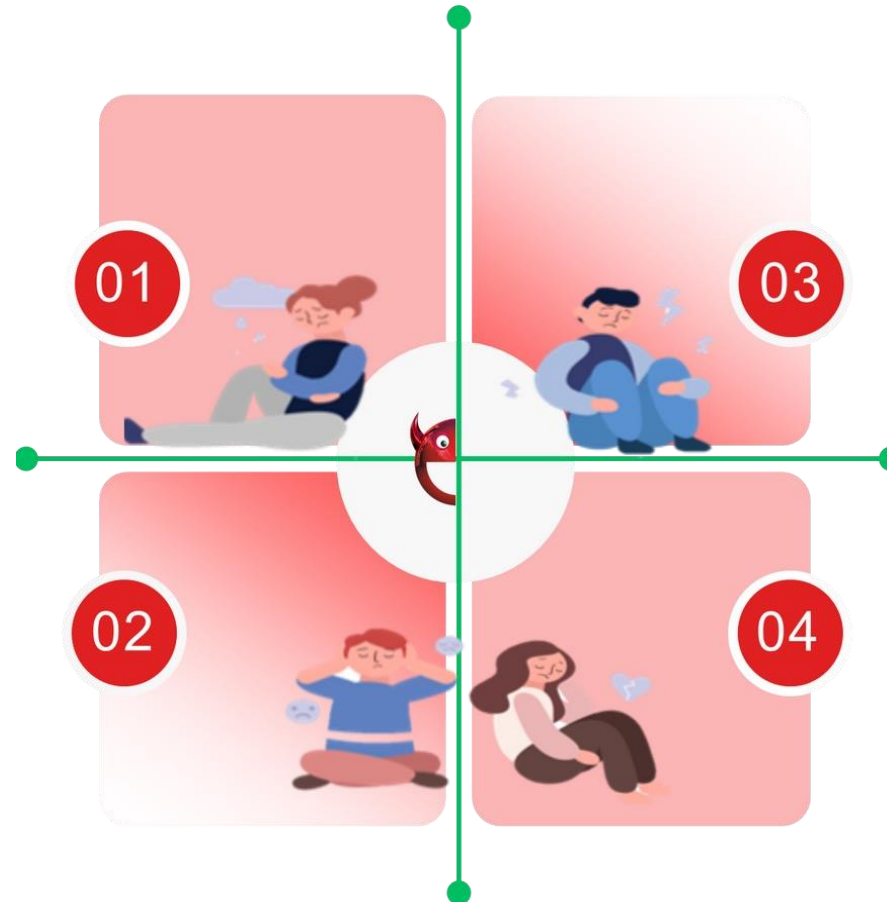
Conflict: Geopolitical tensions, war, everyday conflicts.

Conformity: Pressure of expectations from self & others, social/peer/family pressure.

Climate Change: Stress (pollution, lifestyle), worry (self, planet), overpopulation, urban stress.

STIGMA - MENTAL HEALTH

Negative attitudes, beliefs, and stereotypes towards mental illnesses lead to **discrimination, prejudice, and social exclusion**.



PHARMA-NEURO CHALLENGE

Lack of **objective biomarkers**

Individual **variability** in symptoms and treatment response

Need to **balance effectiveness & side effects**

Ethical considerations

Research and development **costs**

Integration with other approaches

EVERYONE NEEDS HELP

The ones with mental health disorders,

The ones with ADHD / Autism / LD,

The ones with stress and emotion related problems

The rest of us

While people claim they don't work on their mental health, outside of work & chores, every action is mental health (16 hrs/day)



People lack the **vocabulary, tools, and framework** required to work in this direction.

Everyone's mental wellness *journey is unique* requires *hyper-personalization* approach for *meaningful outcomes*.

What people need is a **comprehensive set of tools and solutions** – that are accepted, affordable, 24/7 accessible, free to use and personalized to cater to their mental health needs.



Solh Wellness & CSR Alignment

Solh Wellness shares a strong alignment with the 2030 Agenda for Sustainable Development & corporate CSR goals, making it an ideal partner for companies to create an impact.

Solh promotes mental health, fostering the well-being of employees & the entire community, aligning company's social responsibility towards external and internal stakeholders.

Companies can enhance their CSR impact by aligning with our targeted SDGs



Solh Wellness Key SDG Focus:



FREE FOR USERS. SUBSCRIPTION FOR ORGANIZATIONS.



Mental Wellness: A Universal Human Right

1.

Mental Health
Advocacy

2.

Vocabulary,
Tools and
Framework

3.

Screening &
Assessment

4.

Promoting
Neuro-
diversity

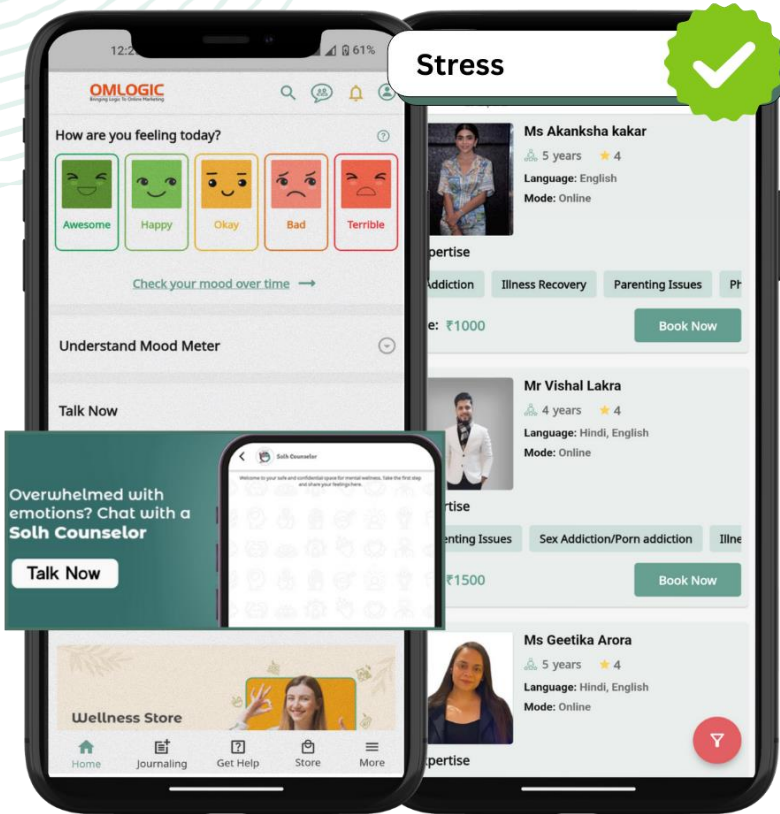
5.

Mental Health
Disorders

6.

Free for
Consumers





Solh Mental Wellness Our Integrated Approach



120k+ Downloads - Globally



250+ Clinical Service Providers



100+ Allied Therapy Providers



40,000+ Conversation on Talk Now



35+ different Support Groups



100+ workshops - schools & corporates

What Are We Out To Achieve?

Vision

Increase the psychological capital of every individual and hence the society by removing stigma and empowering everyone with tools, solutions and access to preventive mental health support.

- Generate Psychological Capital to deal with future
- Have the power to tackle what life throws your way
- Get help with trauma, distress & serious issues

Mission

To make mental health support affordable, 24x7 accessible, personalized and accepted across the world by providing an AI driven non-judgmental safe space for people to express themselves & seek support to prevent clinically diagnosed mental disorders. We will decrease depression and anxiety in youth, replacing it with resilience, perseverance and determination to act by empowering them with personalized tools, solutions, counselling and structured therapies to lead more positive, happier, and healthier lives while pursuing improvement towards better mental health.



Why Us?

Empowering individuals: By utilizing CSR funds, Solh Wellness can develop more mental health vocabulary, tools, and solutions. This empowers individuals with the necessary knowledge, resources, and support to prioritize their mental well-being.

Mentally healthy workplaces: The initiatives supported by CSR funding contribute to creating mentally healthy workplaces. Solh Wellness can implement programs that foster resilience and promote a culture of well-being within the corporate environment.

Community impact: The impact of Solh Wellness extends beyond the corporate setting. By prioritizing mental health and well-being, the organization fosters a culture of well-being in the wider community, positively influencing society as a whole.

Alignment with sustainable development: Solh Wellness aligns with the 2030 Agenda for Sustainable Development. Investing in mental health initiatives through CSR funding contributes to long-term benefits and supports the achievement of sustainable development goals.



Solh Wellness & SDG 3: Good Health & Well - Being

Target 3.4: Reduce premature mortality from non-communicable diseases (NCDs), including mental health

Solh Wellness promotes health and wellness, targeting NCDs, including mental health disorders. With accessible resources, mental health tools & solutions, and empowering conversations, we foster positive lifestyle changes, reducing NCD and mental health risks.

Target 3.5: Strengthen the prevention and treatment of substance abuse, including drug abuse, alcohol addiction, and mental health disorders

Solh Wellness raises awareness and tackles substance abuse, addiction, and mental health issues. Through counseling, support groups, and educational campaigns, we equip individuals with tools to prevent and overcome these challenges, fostering a healthier society.

Target 3.8: Achieve universal health coverage, access to quality essential healthcare services, and access to safe, effective, quality, and affordable mental health services

Solh Wellness empowers communities with improved healthcare access, including mental health support. We establish centers, offer free screenings, and promote essential medicines and vaccines through local partnerships. Our goal is universal health coverage and holistic well-being for all.

Target 3.9: Substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water, and soil pollution and contamination, including mental health implications

We advocate pollution control, raise awareness on harmful chemicals, and promote sustainable practices for a safer environment and improved health outcomes. This includes addressing the mental health impact of environmental factors..



Solh Wellness & SDG 4: Quality Education

Target 4.1: Ensure that all girls and boys complete free, equitable, and quality primary and secondary education, including mental health support

Solh Wellness prioritizes mental health in education. We partner with educational institutes to offer support services, counseling programs, and workshops, empowering students and teachers for academic and emotional well-being.

Target 4.3: Ensure equal access for all women and men to affordable and quality technical, vocational, and tertiary education, including mental health resources

Solh Wellness advocates for equal access to mental health resources in technical, vocational, and tertiary education. We collaborate with institutions to integrate mental health services, ensuring students from all backgrounds can enhance their well-being.

Target 4.4: Substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs, and entrepreneurship

Solh Wellness values mental well-being in employability and entrepreneurship. Through workshops and training programs, we develop resilience, stress management, and self-care skills, empowering individuals with essential mental health tools fostering career.

Target 4.7: Ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including mental health awareness

Solh Wellness merges mental health awareness with sustainable development education. Through workshops, materials, and campaigns, we empower learners to address mental health challenges within this context, fostering a holistic understanding of well-being.



Solh Wellness & SDG 5: Gender Equality

Target 5.1: End all forms of discrimination against all women and girls

Solh Wellness acknowledges the disproportionate impact of mental health issues on women and girls. We offer gender-sensitive resources, counseling, and support programs to address their unique challenges. We empower women by promoting mental health equality.

Target 5.5: Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic, and public life

Solh Wellness recognizes that mental health plays a crucial role in women's participation and leadership. We offer programs and support services that address the unique mental health challenges faced by women in leadership positions.



Solh Wellness & SDG 8: Decent Work & Economic Growth

Target 8.5: Achieve full and productive employment and decent work for all women and men, including persons with disabilities, and equal pay for work of equal value

Solh Wellness addresses workplace mental health challenges through EWP programs, fostering a conducive environment for all employees. By promoting mental well-being, we contribute to full and productive employment, including for individuals with disabilities.

Target 8.8: Protect labor rights and promote safe and secure working environments for all workers, including the right to mental health support

Solh Wellness advocates for the inclusion of mental health support as part of safe and secure working environments. We work with employers to develop policies and initiatives that address mental health concerns, provide access to counseling services, and promote a healthy work-life balance.

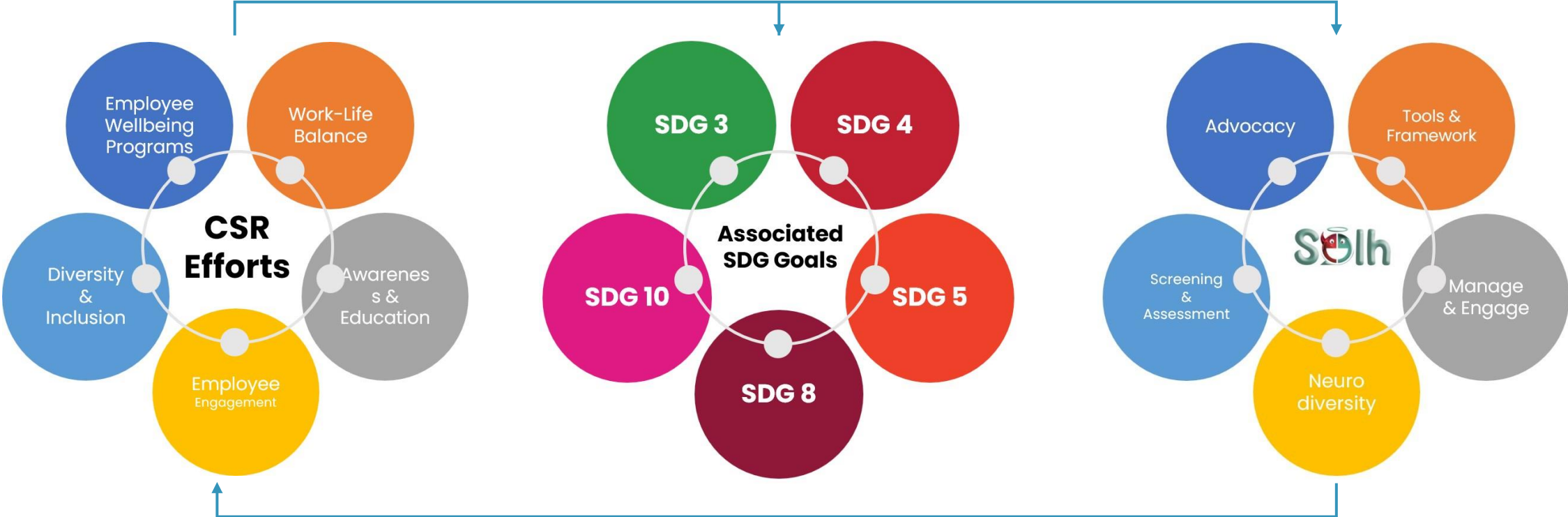


Solh Wellness & SDG 10: Reduced Inequalities

Target 10.6: Ensure enhanced representation and voice for developing countries in decision-making in global international economic and financial institutions

Solh Wellness addresses global mental health disparities. We amplify voices from developing countries in decision-making processes for resources and policies. By promoting inclusivity and representation, we reduce mental health inequalities worldwide.

ESG & SDG Perspective: Employee Wellbeing



Awards & Certifications



Jury Recommendation – Healthcare Category



Thank You!