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## Talk about depression to deal with it: Experts

Seminar to guide students on issue

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This year, the theme for World Mental Health Day is depression and in an effort to destigmatise the issue, the World Health Organisation has coined a slogan – Let's talk about it.

R. Thara, psychiatrist and director of Schizophrenia Research Foundation (SCARF), which organised a day-long seminar on 'Mental health and wellbeing in youth' in conjunction with the Department of Social Work of Stella Maris College on Wednesday, said students should talk about depression openly.

She touched on various aspects that college students cope with.

These included violence against women, substance abuse and stalking.

### **Event by SCARF**

Incidentally, SCARF is organising a discussion on the subject on Saturday in the city.

Psychiatrist Lakshmi Vijayakumar spoke on the pitfalls of depression such as a sense of helplessness and hopelessness that often leads to depression and even suicide.

Youngsters must plan and learn from setbacks to cope with stress by pursuing hobbies that make them happy. Stress is not always overwhelming; it could also be positive stress.

To remain free of stress, one needs to plan, learn from setbacks, relax and exercise, sleep adequately and remain hopeful, said psychiatrist Mohan Raj.

It is support systems such as family and friends who rally around to help cope with distress in a broken relationship, said psychiatrist Hema Tharoor.

Changing one's lifestyle and mindset also help to cope with stress, said V. Chockalingam, Emeritus Professor of Cardiology at the Tamil Nadu Dr. MGR Medical University.