**Mind Blossom Club**

A place where we understand that your mental health is as important as your physical health.

It’s a Mental health Awareness Club is formed especially to bring awareness about "importance of mental health" and "to destigmatize bring positive change in self & society, reduce discrimination and wrong notions lingering around mental health and person seeking mental health support.

Our main aim is to make mental health easily available, accessible, and approachable to everyone who seeks for mental health care support.

To be a strong to become self-efficient in managing their emotions and feelings in right way and also to advocate for them who require support and guidance seeking right support.

**General Objectives of Mind Blossom Club:**

* We spread awareness and address mental, emotional behavioral & psychological issues.
* We aim to make you feel heard and understood and facilitate meaningful conversation around the issues.
* We provide the necessary information and tools to help you identify the issue and manage problems like anxiety, overthinking and procrastination and improve your overall Mental Wellbeing.
* We aim to make you strong enough to help yourself and others.

**Specific Objectives of Mind Blossom club:**

* Building a Healthy and strong Mindset.
* Improving self-confidence
* Understanding how to navigate through difficulties
* Identify strengths and weakness
* Build a Peer support System
* Overcoming fears.