

Implementer & Partners

PRIDE is implemented by Sangath in collaboration with Harvard Medical School (USA) and the London School of Hygiene & Tropical Medicine (LSHTM, UK), and is funded by the Wellcome Trust (UK).

School activities are being conducted in partnership with the Dept. of Education in New Delhi and the Archdiocese of Goa and Daman in Goa. PRIDE is supported by an advisory group of international and Indian experts.



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PRIDE

Promoting Adolescent
Mental Health



ABOUT PRIDE

PRIDE is a five-year research program seeking to develop psychosocial interventions for school-going adolescents aged 11-19 years with mental health problems in India.



Project Significance

The global population of young people exceeds one billion; of whom 356 million live in India. Depressive, anxiety and conduct disorders account for over 75% of the burden of mental disorders in this age group. A large body of evidence suggests that psycho-social interventions are effective for treating mental disorders in adolescents, however, the vast majority of young people do not receive these treatments (for reasons including lack of availability of mental health professionals and low demand for mental health care).



Project Goals

The goal of PRIDE is to develop and evaluate a psychosocial intervention program consisting of three interventions for common mental health problems:

- A self-help problem solving life-skills intervention
- A self-help intervention delivered through a mobile-app
- A psychological intervention delivered by counsellors

Project Overview

The project involves three phases over five years from 2016-2020:

- Intervention Design and Development: Theoretical development and design of the three interventions.
- Evaluation: Randomised Controlled Trials evaluating the effectiveness of the three interventions in reducing symptom severity and improving recovery rates.
- Scale Up: Planning the scale-up of the intervention through public and private school systems.



Our Public Engagement Work

Our public engagement initiative, “It’s Ok To Talk” aims to enable a dialogue with young people around issues related to mental health through digital and community-based activities.

The project launched a website www.itsoktotalk.in as a platform dedicated to encouraging young people to share their experiences of mental health.