

PRESS RELEASE



World Mental Health Day 2025 observed National Deworming Day Launched in North Garo Hills

Resubelpara, October 14, 2025: The office of the District Mental Health Program (NHM) in tandem with District Legal Services Authority (DLSA) Resubelpara today observed the World Mental Health Day 2025 under the theme "Access to services - Mental Health in Catastrophes and Emergencies" at Damas Higher Secondary School, Damas North Garo Hills.

Highlighting the importance of the event, chief guest Dr. Priya Sengse R Sangma, DM&HO Resubelpara called for prioritising mental health issues, urging participants to engage in open conversations and seek professional help when needed.

She added that the focus was to de-escalate mental health issues and promote mental health support.

Simultaneously, the chief guest Dr. Priya Sengse R Sangma also launched the National Deworming Day in the district encouraging the participants to take the deworming tablet being distributed during the program.



Referring to the theme "Access to services - Mental health in catastrophes and emergencies", Dr. Rezia K Sangma DIO Incharge, North Garo Hills, emphasised on raising awareness about mental health issues.

"In an era of war, epidemic, climate change and other disaster, it is imperative that awareness on mental health and access to treatment be made available in order to protect the mental health of the people affected by it", said Dr. Rezia Sangma.

She also advocated the need to break the stigma surrounding mental health and encouraged individual and community to create a culture of support particularly in times of emergencies.



North Garo Hills' Deputy Superintendent of Police Shri. John C. A. Sangma in his speech said the Police department being the first respondent often receive cases of mentally unsounded persons and after determining the situation, keeping in mind their safety and well-being provides supportive responses by connecting with social service providers.

He also delivered a strong message on harmful effects of drugs and other substances.

Smt. Upresia Sangma, Deputy Chief Legal Aid Defence, DLSA and Smt. Bianca Marak, Legal Aid Counsel, DLSA were among others who spoke during the program.