



Aao Baat Karein: Breaking the Silence on Mental Health

The Crisis We Can No Longer Ignore

In the heart of rural Chhattisgarh, emotional suffering is widespread—but rarely spoken about.

Behind closed doors, families grapple with:

- Trauma, grief, and isolation in tribal and conflict-affected regions
- Uncertainty and poverty in farming households
- Mental strain among adolescents due to school, peer pressure, and identity concerns
- Women's silent suffering from domestic violence, societal burdens, and postpartum stress
- Neglect of elders who are often left behind in the social fabric
- The lack of mental health services, trained personnel, and open conversations has deepened this crisis—especially after the pandemic.
- Mental health is a fundamental right, not a privilege. In rural India, this right has remained neglected for too long

But healing begins with three simple words: Aao Baat Karein
— Let's Talk.

Our Response: The Aao Baat Karein Initiative

Launched in 2021, **Aao Baat Karein** is a rural mental health movement that brings compassionate support, community strength, and local wisdom to the forefront working, In partnership with **UNICEF & Paul Hamlyn Foundation** and support of **District Administration**

Active in following districts :

Bilaspur

Bastar

Kondagaon

Bijapur

Kabirdham

Who We Walk With

Our work is shaped by and grounded in the lives of:

Women

copied with
loss, social
pressure, and
mental load

Children, parents, and teachers

learning emotional
expression and
regulation

Teenagers

navigating
academic stress
and self-doubt

Adults

facing job
insecurity, debt,
and addiction

Elders

dealing with
loneliness and
disconnection

Youth

searching for
identity,
belonging, and
purpose

Strategies



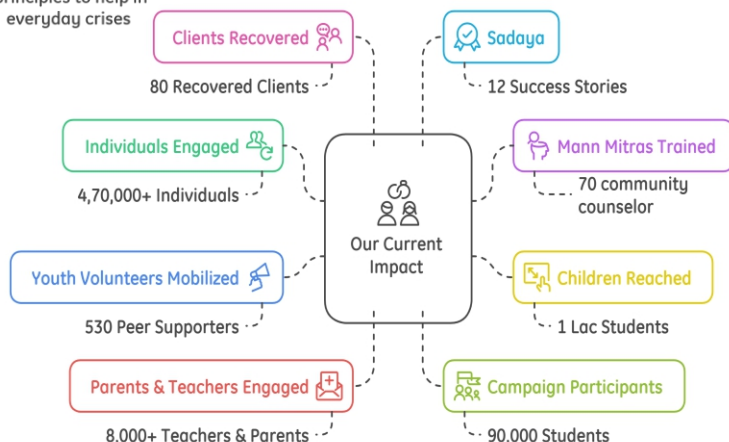
Real Lives Real Change

In Varadalli village, a young widow bore her grief alone—until a Mann Mitra sat with her and simply listened.

That moment began her healing journey. Today, supported by her community and a self-help group, she has found purpose and joy again.

Such stories remind us: **when we listen, lives change.**

Peer supporters using "Look, Listen, Link" principles to help in everyday crises



Our Vision & Goals

Goal	Focus Area
Create Safe, Open Spaces	Reduce stigma and encourage open dialogue in communities
Strengthen Local Support Systems	Build capacity of Mann Mitras and peer supporters
Enhance Mental Health Awareness	Promote emotional wellbeing through localized campaigns
Support Children and Adolescents	Create emotionally safe homes and schools
Link to Social Protection	Reduce stress by connecting families to welfare schemes

Why Partner With CAS?

- **18 years** of expertise in rural development and institution building.
- Proven ability to design and scale impactful models across Chhattisgarh.
- Deep-rooted community trust with strong convergence with government departments.
- Ongoing funding support from **UNICEF & Paul Hamlyn Foundation**.

Your investment

With your support, we aim to:

- Expand safe spaces in villages and schools
- Train more Mann Mitras and peer supporters across districts
- Scale outreach to reach more children, youth, and caregivers

Contact

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To learn more about our mission and ongoing work, please visit our website <https://cgagricon.org/>