



# Closing Report

Mpower 1on1 Helpline *with*  
Birla College

# Call Data

	Number of Calls Received				
	Aug – Sep	Sep – Oct	Oct – Nov	Nov – Dec	Dec - Jan
Birla College	14	82	56	22	41

# Call Analysis – Top 3 issues

BIRLA COLLEGE		
1.	Anxiety / Stress	<ul style="list-style-type: none"><li>- Unable to retain information taught in class<ul style="list-style-type: none"><li>- Feelings of emptiness</li><li>- Health anxiety</li><li>- Exam stress</li></ul></li></ul>
2.	Relationship Issues	<ul style="list-style-type: none"><li>- Within family members / siblings</li></ul>
3.	Depression	<ul style="list-style-type: none"><li>- Victim of child abuse, history of depression</li><li>- Feelings of loneliness, low mood</li><li>- Grieving for the loss of a parent</li></ul>

# WEBINARS CONDUCTED



## BIRLA COLLEGE

Mental Health Awareness

Positive Psychology

Effects of Gaming & Social Media

Self Care

Relationships & Attraction

# Demographic Analysis

	Males	Females
Birla College	48	80