

# Healthy Minds, Healthy Lives

Mental health is integral to an individual's overall health and wellbeing.

ASHA International's signature campaign **Healthy Minds, Healthy Lives** promotes personal, organizational, and community wellness through mental health education, training and support.

We offer:

- Mental Health Education
- Wellness Workshops
- Cultural Competence Training
- Peer Mentoring
- Support Groups
- Referrals & Resources

**Target Audience:** Individuals affected by mental health issues, their family members, health care providers, and the general community.

To learn more about the **Healthy Minds, Healthy Lives** campaign, please visit our website [www.myasha.org](http://www.myasha.org).



*"It was my dream to be an architect. Due to my illness, this dream had turned to ashes. But, new hope has arisen like a phoenix out of these ashes. Today's program and Gayathri have inspired me to fly again!"*

—Altaf Sheikh

## ASHA International's Mission:

To promote personal, organizational, and community wellness through mental health education, training and support.

ASHA International is a 501(c)(3) non-profit organization based in Portland, Oregon, U.S.A.

## GET INVOLVED: You can make a DIFFERENCE

### SPONSOR

Sponsor the **Healthy Minds, Healthy Lives** campaign to promote wellness in your community.

We are available for speaking engagements at events, conferences and symposiums. We can present a stand-alone workshop or day-long program to your group or organization. To learn more about how to become a sponsor, please visit our website [www.myasha.org](http://www.myasha.org).

### DONATE

Individual and corporate donations make it possible for ASHA International to reach out to individuals and families and help them transform their lives. Please make a tax-deductible donation at [www.myasha.org](http://www.myasha.org) or send a check to our mailing address below.

### STAY CONNECTED

Sign up for our **Healthy Minds, Healthy Lives** newsletter at [www.myasha.org](http://www.myasha.org). The publication features valuable information, resources, wellness strategies, and personal stories of hope and healing.

### CONTACT US

#### ASHA International

P.O. Box 91232, Portland, OR 97291, U.S.A.

Phone: 971-340-7190

[info@myasha.org](mailto:info@myasha.org) | [www.myasha.org](http://www.myasha.org)



*Promoting mental health awareness,  
hope, and holistic wellness*





## Our Story

### Namaste!

Welcome to ASHA International!

My name is Gayathri Ramprasad. I am the Founder and President of ASHA International. Our mission is to promote personal, organizational, and community wellness through mental health education, training, and support.

In April 2006, I, along with a distinguished group of mental health advocates, founded ASHA International. Together, we have had the privilege of reaching out and touching the lives of more than 25,000 people locally and internationally with a resounding message of hope and recovery.

My concern for those suffering from mental disorders was born out of my own experience. It wasn't until I became severely depressed and tried to commit suicide that my family and I finally began to educate ourselves about mental health issues and seek help. Fortunately, with effective treatment and the unconditional love and support of family and friends, I have recovered and am living a functional, fulfilling life.

While I celebrate my wellbeing, I am acutely concerned about the barriers to recovery faced by 450 million men, women and children struggling with mental disorders around the world. Treatment works, and recovery is possible.

If you or your loved one is struggling with mental disorders, don't despair. You are not alone. There is hope. ASHA International offers information, inspiration, and tools to help you transform your life. Our programs will empower you to achieve wellness through education, support, referrals and resources.

Wishing you wellness,

*Gayathri Ramprasad*

Gayathri Ramprasad, MBA, CPS  
Founder & President, ASHA International



## Empowering People

### Did You Know?

- One in four people in the world will be affected by mental or neurological disorders at some point in their lives. 450 million people worldwide are affected by mental disorders (World Health Organization).
- Mental disorders disrupt people's lives and livelihood. They affect a person's thinking, feeling, moods and ability to relate to others.
- Treatment works. People can recover and live productive, meaningful lives. But, nearly two-thirds of those affected do not seek care. Stigma, discrimination, lack of awareness, and lack of access to affordable care deter people from seeking life-saving treatment and social support.

ASHA International's signature campaign **Healthy Minds, Healthy Lives** empowers individuals affected by mental disorders and their families to overcome barriers to recovery and achieve wellness through education, support, referrals and resources.

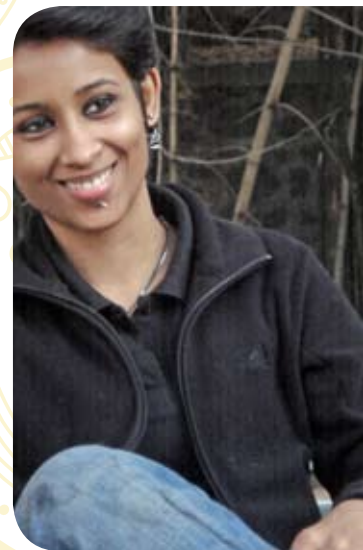
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## Engaging Communities

Mental health is the foundation for individual well-being and the effective functioning of a community. Unfortunately, stigma and discrimination toward people living with mental illness, and the resultant social isolation is one of the greatest barriers to wellness.

ASHA International's signature campaign **Healthy Minds, Healthy Lives** engages schools, colleges, universities, workplaces, healthcare and other organizations in creating a community of understanding, compassion and inclusion.

*"Gayathri . . . when I first spoke to her over the phone, her voice said 'I care', when I saw her walk through the door the first time, I saw the letters 'H','O','P','E' accompany her, when she gave me a hug, I know she said 'I am here'. She is truly 'unbelievably believable'! I was going through a rough patch throughout, but with her voice, her presence and her touch, it just made all the difference to me. It definitely inspired me to move on and aim for a mission in my life too!"*



—Reshma Valliappan