



Inside Out

Project Number: 08

Date: 24th to 30th September , 2026

Duration: 1 week

Location: Instagram (Online)

Area of Focus: Mental Health Awareness and Suicide Prevention

Specified Committee: Club service

About “Inside Out”

Introduction:

Inside Out was a week-long mental health awareness initiative organized by the Interact Club of Little Angels' School during the last week of September, in observance of Suicide Prevention Month. The project aimed to raise awareness about mental health challenges, encourage open conversations, and remind people that they are not alone in their struggles. Throughout the week, videos featuring club members were shared on the club's Instagram account, addressing common mental health problems and offering words of encouragement and hope. Through these messages, the initiative sought to break the stigma surrounding mental health, promote empathy and understanding, and encourage individuals to keep moving forward even during difficult times.

Itr. Anshu Giri

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Project Summary:

Inside Out was conducted as a week-long digital awareness campaign by the Interact Club of Little Angels' School during the last week of September 2026. The initiative used the club's Instagram platform to reach a wider audience and spread messages of hope, understanding, and emotional support in recognition of Suicide Prevention Month.

Inside Out



Throughout the week, videos featuring members of the club were posted on Instagram. In these videos, members spoke about the mental health challenges and emotional struggles that people commonly experience, highlighting the importance of acknowledging these difficulties rather than suffering in silence. The videos also conveyed motivating messages, encouraging individuals not to give up, to seek support when needed, and to remember that difficult moments do not define their entire lives.

By using social media as its primary platform, Inside Out aimed to make conversations about mental health more accessible, particularly among young people. The initiative encouraged viewers to approach others with kindness, listen without judgment, and recognize that everyone may be facing struggles that are not immediately visible. It also emphasized the importance of creating a supportive environment where people feel comfortable expressing their emotions and asking for help.

Overall, Inside Out served as a meaningful reminder of the importance of mental health awareness, compassion, and emotional support. Through the collective voices of its members, the campaign sought to inspire hope, reduce the stigma associated with mental health struggles, and remind individuals that they are not alone. By sharing these messages during Suicide Prevention Month, the Interact Club of Little Angels' School demonstrated how a simple digital initiative can contribute to a more understanding, supportive, and empathetic community.

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