

# CORE™ for youth

Personal development program for the young.



**50%** of mental health problems are established by age 14 and **75%** by age 24. On an average 7 years are wasted before someone gets help.



**450,000,000** People suffer from mental or behavioural disorder. 25% families have at least one person with a mental disorder



**10 Lakh** People commit suicide every year.

## Today's youth

The young people have distinctly different set of problems than the other age groups.

Their problems can have serious consequences of them, others and the family. Interestingly many of these problems can be prevented and dealt with by using evidence based interventions. The COVID-19 pandemic has not only intensified these challenges, but made them even more complex. Mental and behavioural problems will intensify in all age groups in the coming years. Intervention at the right time can drastically alter the outcome

**1**

### RELATIONSHIPS

The young struggle with a variety of issues related to relationships and sexuality.

**2**

### CAREER AND ACADEMICS

Another focal point at their age is performance.

**3**

### MOOD AND HABITS

They frequently engage in unhelpful behaviours and negative moods

## What can the youth be helped with?

1. Dealing with academic stress, maximising academic achievement
2. Dealing with change, adaptability
3. Optimising Mobile and screen usage.
4. Balancing relationships and academics
5. Dealing with issues in interpersonal relationships
6. Managing negative feelings such as Depression, Anger, anxiety.
7. Maintaining Physical health
8. Making important decisions, problem solving, assertiveness, persistence, social skills etc
9. Confidence, self-image
10. Public speaking, debates, interviews, stage performances and public appearance
11. Dealing with addictions
12. Courage, overcoming fears
13. Proactivity, self responsibility
14. Goal setting and achieving them
15. Moving on from past
16. **Stopping procrastination**

All these programs are either delivered in person, or online by trained mental health professionals.

[www.morphicminds.com](http://www.morphicminds.com)

[shishir@coreforschools.com/cfy](mailto:shishir@coreforschools.com/cfy)

8390937939



**“You are only young once, and if you work it right, once is enough.”**

- Joe E. Lewis

Dr. Shishir Palsapure MD (Hom) MSc (Psy) is a psychotherapist, associate fellow and Supervisor of Albert Ellis Institute, New York (Training faculty level 2). He is the founder of the program CORE running successfully in many schools for the last 5 years. Dr. Shishir has trained thousands of mental health professionals and non-professionals including students in mental health related topics across the globe.

Call Dr. Shishir Palsapure with the needs for your institution

**We cannot always build the future for our youth, but we can build our youth for the future.**

- Franklin D. Roosevelt

