

## MENTAL HEALTH PROMOTION PROJECT CAREER DEVELOPMENT FOR SUSTAINABILITY AT BAN SAMAE COMMUNITY

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CORE SDGS: SDG 3 "GOOD HEALTH AND WELL-BEING" INDICATOR: 3.3.2 HEALTH OUTREACH PROGRAMS

RELATED 14.3 PROGRAMMES FOR SERVICES ACCESS: 2.5.1 ACCESS TO FOOD SECURITY KNOWLEDGE, 7.2.1 RELATIONSHIPS WITH REGIONAL NGOS AND GOVERNMENT FOR SDG POLICY

- 1 Situation**

Covid -19 spread effect the people in this area. Most people have health condition from chronic disease that influence from they still don't aware of health behavior

  - Mental problems in life (stress, anxiety, depression, insomnia)
  - Business-> reducing income, close of markets
  - Social->>>People in the community cannot gather together to do activities. Don't leave the house and less participation in the community
  - Environmental->> The area of the community is a lowland area with standing water, making a source of disease transmission.
- 2 TARGET POPULATION**

The main target group is the population that will participate in the project, and expect behavioral changes to occur it is a working group of 15 people, a group of 73 people affected, a total of 88 people  
Secondary target group is the population group that receives benefits from project operations. Including people who receive benefits in the community, totaling 140 people.
- 3 Participants in the network**

Nakhon Si Thammarat Municipality, Community health service center, NGO community leader and People in the community.
- 4 PROCEDURE**

  - The community leaders were trained as core personnel of the project
  - Focusing on knowledge such as project management
  - Online marketing, family's income management
  - Fairy mushroom cultivation methods.
  - Learn how to prepare household income and expenditure accounts activities to promote mental health and activities to promote occupational safety.
- 5 OUTCOMES**

  - 100% knowledge about mushroom cultivation correctly.
  - Safe food is provided to households by growing vegetables along the fence (refrigerator next to the house) to enhance mental health and increase income.
  - The curry paste making occupation group had an increased household income of approximately 500 baht/month.
  - 80% improvement in mental health.
  - 62 people saving money in village banks.

MORE INFORMATION : [WWW.FACEBOOK.COM/TAIBON40520](https://www.facebook.com/taibon40520) [HTTPS://CAS.WU.AC.TH](https://cas.wu.ac.th)

