

Mental health and occupation promotion: “Processing bananas into snacks and grow vegetables” at Ban Khao Luang, Pak Phraek Subdistrict, Don Sak District, Surat Thani Province.

Core SDGs 3.3.2 Health outreach programs, 1.4.1 Local start-up assistance

Related SDGs 2.5.1 Access to food security knowledge, 17.2.5 Collaboration with NGOs for SDGs

Content Story

Promoting health, reducing stress, and helping people in the community have good mental health and quality of life through career development in the community and increased income.

Background:

They were impacted by the Covid-19 pandemic resulting in job losses so income not enough to pay expenses. In addition, a member of community experienced moderate to severe stress, affecting their mental health. Other problems include drug addiction, theft, and debt.

Time frame: 1 January 2023 - 31 December 2023

Target population:

- 1.Community committee (15 people)
- 2.People affected by the Covid-19 pandemic situation (65 new members)

<https://www.facebook.com/Taibon40/>

<https://hospital.wu.ac.th/>

<https://nurse.wu.ac.th/>

<https://cas.wu.ac.th/>

Method:

- 1.The community committee was trained as core personnel of the project.
- 2.Meeting teams and recruiting affected people into occupational groups.
- 3.The target population trained to do “Doug Mai Jan” and bananas into snacks, and packaging design with network partners.
4. Workshop to create online media, for example, making content, creating media with the Capcut Canva application.
5. Organize a monitoring and meeting to evaluate results and improve results together with the team.
6. They cooperated with other community members, and successfully project.

Outcomes: More than 80% of the target population increased family income. The impact was the improvement in mental health more than 80%.

Impacts: Increasing quality of life

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Partnerships:

- 1.The community committee Ban Khao Luang
 - 2.Pak Phraek Health Promoting Hospital
 - 3.Pak Phraek Non-Formal and Informal Education Centre
 - 4.Pak Phraek Subdistrict Municipality
 - 5.Southern College of Technology
 - 6.School of Nursing, Walailak University
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