ENHANCING MENTAL HEALTH FOR REDUCED PRODUCTION COSTS, ECONOMIC RECOVERY AT BANASRA

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2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

17 PARTNERSHIPS FOR THE GOALS

SITUATION

> The flat and low-lying area is suitable for cultivation and gardening. The majority of households in this area are engaged in agriculture and animal husbandry.

> The average household income is 149,800 Baht per year, while the average household expenses range from 135,800 to 165,000 Baht per year.

> In the community, 175 people (27.37%) have contracted COVID-19. As a result, continuous medical treatment is required for some individuals, and some may have to take leave from work, leading to increased expenses.

SITUATION

> There are 20 individuals in the community who are experiencing stress and anxiety.

> Social capital in the community is represented by groups involved in composting, self-sustaining economic activities, and networks that provide support. However, there is still a need for these groups to come together more seriously and form stronger collaborations.

SUCCESS FACTORS

1 Monthly committee meetings.

2 Active participation from internal and external community networks, such as the village committee, community leaders, Village Health Volunteers, sub-district health promotion hospital staff, agricultural groups, and etc.

PROCESS

1) Team meetings

2) Exchange and learning sessions on pesticide-free agriculture, vegetable gardening in fruit orchards, developing products for the One Tambon One Product (OTOP) program, and household accounting

3) Home visits for encouragement.

4) Participating in temple activities

5) Promoting physical exercise, and

6) Monitoring and evaluation.

OUTCOME

1) Improved mental health for 100% of individuals facing mental health issues.

2) 50 participants participating in exchange and learning sessions about composting and herbal pest control can reduce agricultural costs by 500 Baht per month per person.

3) All 50 participants planted vegetables in the orchard

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