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Promoting Mental Health, Good Life, Happy Life in Ban Hua Sai, Hua Sai Subdistrict, Hua Sai District, Nakhon Si Thammarat Province

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This project focuses on participation, good relationships, and good relationships. They know about mental health and people in the community have a good attitude towards people with mental health problems to fight the situation. There is a commitment of the people in the community. Support from agencies both inside and outside the community Manage problems and create an environment that is conducive to health reduces stress and anxiety, and helps people be healthier. Affects the quality of life

Target groups in this project Mental health problems that result in anxiety in the mental state of people in the community. It has an impact on individuals, families, and society, causing changes in lifestyles. Family and community relationships declined. There are more problems. Starting from people aged 35 years and older who are at risk and have mental health problems, especially parents of mental health patients.

From the above problems and causes of the problems of the Ban Hua Sai community. Therefore, the villagers proposed to unite to manage the problems of the community under the existing capital and potential. Arranging for 80 people who are at risk and stressed and worried to know about emotional management, stress management, Learning to use love language in the family, and exercise to promote better mental health by using 3 main activities, including:

1. Develop the capacity of the working group to be a leader in organizing mental health promotion activities for the target group with a strong working group of 15 people, regular meetings every month, and minutes of every meeting, meeting to clarify the project to 80 participating members, surveying information on the community situation, and jointly preparing the group's rules to be used as a common practice. The mental health of the working group and participants was assessed.

2. Provide knowledge and skills to people who are at risk, stress, and anxiety in mental health, and develop their leadership potential by creating a good mental health leader who has won in life (mental health knowledge). Establish a group of enterprises to manage general contract work for the hired groups, such as waitresses, repair work, and other jobs, occupational groups with little investment with local sages who can teach each other, such as making shredded pork, sweet pork, and career development along with the integration of recreational groups to create

happiness and increase mental health together, together with learning lifestyle skills, reducing expenses, increasing income, and producing love language leaders. Using love language to build good family relationships Lecturer from Walailak University and promote mental health by combining exercise groups.

3. Establish a mechanism to continuously monitor mental health promotion groups. The working group visited the group's house. People who are at risk, stressed, and anxious about mental health every month to encourage and encourage Monitoring and evaluation are conducted every 3 months to find operational guidelines, and certificates of honor are awarded to exemplary individuals in the field of mental health promotion volunteers. 10 people and mental health promotion by exercise groups. 10 people went through a multi-part participation process, including the village committee. Million Fund Committee Leader There are partners from many agencies such as Hua Sai Hospital, Hua Sai Sub-district Administrative Organization, Hua Sai District Learning Promotion Center (Hua Sai District). Hua Sai Sub-district Municipality, Walailak University, P2H Foundation, Chevron Company, etc.

Project Outcomes: 1) There is a strong working group of 15 people, 2) There are rules. Rules and agreements for operations that can be used for community development 3) A group of 80 affected people have knowledge and skills to manage their own and their family's mental health, 4) There is a mechanism for continuous monitoring of mental health promotion groups, 5) 80 people who are at risk and have problems with stress and anxiety have improved mental health. As a result, families and communities are happier.