



Gurugram takes a step towards mental wellness

A joint initiative of the District Administration Gurugram and DLF Foundation, iWill CARE aims to provide round-the-clock mental health counselling and support free of cost. Implemented by ePsyclinic, this AI-based application has been developed and will be operated by iWill.

Deputy commissioner of Gurugram Dr Yash Garg, who launched the app, said, "Mental health has many taboos and myths attached to it. Our society has always neglected mental health. However, it is the need of the hour to talk about it. Today's

fast paced lives don't give us time to pause and reflect. A corporate city like Gurugram needs a mental health program.

Through this platform the caller remains anonymous and seek help sitting at any part of the city. I thank DLF Foundation for supporting this initiative, as a cause like this doesn't have a lot of takers."

Highlighting the importance of mental health in a post-Covid world, Gayatri Paul, CEO, DLF Foundation said, "From the time Covid-19



(L-R) Daksh Sethi, educational consultant; Shipra Dawar, CEO iWill, Dr Yash Garg, DC Gurugram; Gayatri Paul, CEO DLF Foundation; Dr Virender Yadav, CMO Gurugram PHOTO: HTCS

entered our lives, the importance of mental well-being has increased significantly. The platform will emerge as a helping hand for those facing anxiety, stress, and other mental health concerns."

Also present at the launch

were Dr Virender Yadav, chief medical officer Gurugram, Shipra Dawar, CEO-iWill and Daksh Sethi educational consultant.

To download the app, visit Playstore and type, 'iWill CARE'; 24*7 helpline service number: 011-41219298 HTC