

FAQs

1) What is Talk Aloud?

WE ARE A GROUP OF COMPASSIONATE COLLEGE STUDENTS, WORKING TOGETHER TO BUILD AN EMPATHETIC AND SUPPORTIVE PLATFORM FOR THOSE WANDERING ALONE IN ANGUISH. BY BEING THEIR COMPANION, WE AIM TO HELP THEM IN THEIR QUEST OF SELF DISCOVERY AND TO MITIGATE STIGMA ASSOCIATED WITH MENTAL HEALTH IN INDIA.

2) Why us?

Talk Aloud enables you to share your struggles with trained mbbs/ psychology students from top colleges like AIIMS, MAMC, LHMC, FMMC, LLRM, KMC, SGRD, JSS, GMCH, SSJSPC, VMMC, Stanley Medical college and many others spanning all across the country.

- No questions asked about your identity. Whatever you say to us will stay confidential.
- We are not professionals. Hence we sit beside you, not across you.
- Our chat volunteers have been trained extensively to actively listen and help individuals to introspect themselves.
- We aim to help our peers by standing in solidarity and listening to their immediate problems.

3) What is Talk-Aloud's vision? What is their target audience?

Many teenagers and college students struggle with nervousness, sadness, loneliness and a myriad of other feelings on a daily basis over competitive stress, relationships, family fights; however, the stigmatization of mental health issues/less availability of professionals, prevents the majority of these students from seeking help. We want to bridge the gap between these struggling students and mental health experts. While we cannot offer our services as a substitute for therapy, we hope that we can help these students feel safe, and accepted on our platform.

4) What do we offer?

- ✓ Anonymous chat: Where you can speak your soul.
- ✓ Referral service: If we feel that your problem lies outside our capacity and needs the attention of a professional, you'll be referred to one.
- ✓ Your story- Platform to share your story via website or social media handles.
- ✓ Blog: Articles/poems/research work to get the topics of mental health in daily talk.

✓ Crisis Resources: Open information on Helpline Numbers, NGOs, support groups present in India (Region wise).

✓ Motivational Corner: Songs, Videos, books and movies suggestion for those who need them.

✓ Forum: For you to interact with people going through something similar. (To be launched soon)

5) Is it only for medical students?

No. We harbour various departments where you can help. Only chat volunteers are limited to medical or psychological background.

Other departments:

Partnership department (NGO/organisation/psychologist)

Content Creation

IT Team(graphic/website)

Editorial board

Research and Development

Marketing and Promotion

Event and Creations

Free Lance Bloggers

HR Department

Or you can be the College ambassador.

6) How to schedule a chat?

- Visit our website talk-aloud.com
- Scroll down on the home page and click on book an appointment.
- Choose a suitable date and time and then create a random username and password.
- Tell your details at your appointment time to our chat for verification purposes.

7) I want to share my story about what happened. Can I somehow?

Yes, you can.

- Reach the 'Your Story' tab under Talk Aloud.
- Fill up the provided form.
- Choose whether to stay anonymous or not.
- Submit

Or you may choose to go live via Instagram story/ share your videos.

We will share it by all possible means.

8) I Want to join Talk-Aloud/volunteer for you. How to do that?

- Reach the 'Volunteer for us' tab under Talk Aloud.
- Fill up the 'TalkAloud Family' form.
- Submit your preferences for the departments.

And we will reach out to you.

9) I don't want to be associated but I do want to share my article/videos/songs on my own timeline. How can I do that?

You can join free Lance blogger group if you want. Where we will provide you with potential topics and with no clock ticking over your head.

You can also share your content via submission corner available under submissions tab on Talk-Aloud.com