

Mental Health Begins with Belonging.

When we speak about mental health, we often think about stress, anxiety, counselling or treatment. But sometimes, mental well-being begins with something much simpler—having people around us who accept us for who we are.

For persons with disabilities, the greatest challenge is not always the disability itself. It can be the loneliness of being left out, the feeling of being different, or the experience of having others make decisions without listening to them.

A welcoming smile, a patient conversation, an opportunity to participate, or simply being included in everyday activities can make a meaningful difference. Belonging gives confidence. Connection gives strength. Acceptance gives hope.

We also need to change the way we look at disability. Persons with disabilities are not only individuals who need care and support. They are friends, family members, students, colleagues, contributors and valued members of our community. Their experiences can teach us compassion, resilience and courage.

Mental health is therefore a shared responsibility. We all need someone to listen to us, and we can all become someone who listens to another. By creating inclusive families, schools, workplaces and communities, we create environments where everyone has the opportunity to experience dignity and emotional well-being.

At MRT Child Development Centre, we believe that rehabilitation is not only about developing abilities—it is also about helping individuals find their place in the world and feel that they belong.

This World Mental Health Day, let us look beyond limitations and see the person. Let us create more opportunities to connect, participate, contribute and belong.

Listen. Include. Empower.

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