

## PRESS RELEASE

### **The Live Love Laugh Foundation (TLLLF) receives the Dr Guislain “Breaking the Chains of Stigma” Award for 2019**

TLLLF becomes first winner from India since the awards were instituted in 2012

**Ghent / Bengaluru, 14 October 2019:** The Live Love Laugh Foundation (TLLLF), a charitable trust set up in 2015 to give hope to every person experiencing stress, anxiety and depression (SAD), has been named the 2019 recipient of the prestigious Dr Guislain “Breaking the Chains of Stigma” Award. The global award, which is an initiative of the Dr Guislain Museum in Ghent, Belgium and Janssen Research and Development, LLC honors TLLLF’s efforts to change the dialogue around mental illness in India.

TLLLF was recognized for its efforts during a ceremony held in Ghent, Belgium on Friday, October 11, 2019, and will receive \$50,000 to expand the scope of its work.

TLLLF was selected from among a global list of nominees by a distinguished jury comprising some of the world’s leading mental health researchers and academicians. TLLLF becomes the first recipient from India to win the award since it was instituted in 2012. Previous winners are from Indonesia, the US, Nepal, New Zealand, Laos and Cambodia.

“Over the last four years, The Live Love Laugh Foundation has worked on several initiatives with a specific focus on destigmatizing mental illness and creating awareness about mental health. This award further validates our work. At TLLLF, we believe that not a single life should be lost due to mental illness and we continue our efforts in giving hope to those struggling with stress, anxiety and depression (SAD),” said Deepika Padukone, Founder of The Live Love Laugh Foundation.

India is home to an estimated 57 million people affected by depression. *The Lancet* estimates that one in five Indians will suffer from depression during their lifetime.<sup>1</sup> India is an evolving society greatly impacted by globalization, urbanization, migration, and modernization. Coupled with ongoing and rapid socio-demographic transition, depression among individuals in India is likely to increase in the coming years.

The award, named after Dr Joseph Guislain (1797-1860) a pioneering Belgian psychiatrist, highlights an individual, project or organization that has made an exceptional contribution to reduce the stigma associated with mental illness. It is aimed at social and/or cultural initiatives that deal with mental healthcare in a scientific, clear and dynamic way. Initiatives that promote the creativity of those suffering from mental illness, including the prevention of social exclusion by questioning the boundary between normal and abnormal behavior in its social context. This concerns initiatives which emphasize the dignity of sufferers in a passionate, creative and innovative way.

“The Live Love Laugh Foundation has made incredible strides to raise awareness, provide resources, and support the path to mental health care for individuals of all ages in India,” said Brother Dr. René Stockman, Superior General of the Congregation of the Brothers of Charity and Chairman of the Dr. Guislain Museum. “From educating more than 100,000 students and 16,000 teachers through the ‘You Are Not Alone’ program to funding treatment for more than 1,500 patients annually, it’s important that we recognize the impact that the Foundation has made and support its continued efforts to destigmatize mental illness in India.”

“We are honored to recognize the widespread impact that The Live Love Laugh Foundation has made for people living with mental illness in India,” said Hussein K. Manji, M.D., Global Therapeutic Area Head, Neuroscience for Janssen Research & Development, LLC. “Their extensive work to improve the lives of individuals in India is not only inspiring but vitally important to help change the mental health dialogue and create a stigma-free society.”

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<sup>1</sup> WHO (2017) "Depression in India: Let's Talk." [http://www.searo.who.int/india/depression\\_in\\_india.pdf](http://www.searo.who.int/india/depression_in_india.pdf)