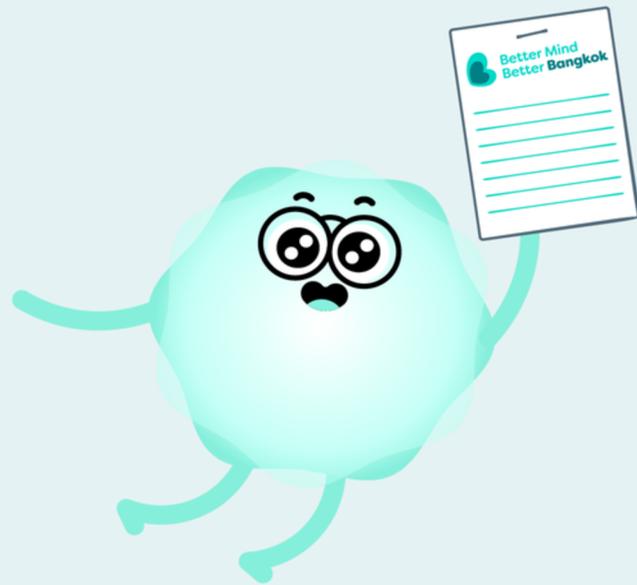




Better Mind  
Better **Bangkok** 2024



IMPACT REPORT





# Better Mind Better Bangkok 2024

On **October 6, 2024**, Better Mind Better Bangkok returned for its third year at Samyan Mitrtown, Bangkok, under the theme **L.O.V.E.** (Loving Yourself, Opening Hearts, Valuing Lives, Enhancing Connection). The event aimed to destigmatize mental health discussions, build awareness, and advocate for accessible and sustainable mental health solutions. It also served as a platform for skill-building and community connection, addressing a growing need for mental health interventions post-pandemic.

## Key Goals and Purpose

Promote Mental Health  
Awareness

Empower Through  
Actionable Strategies &  
Tools

Advocate Policy Changes

## Engagements



**450+**  
joined on-site event



**52,300+**  
viewed online sessions



**9,900+**  
Likes, Comments, and Shares  
about the sessions

**26–30  
years**

MAIN AGE GROUP

**Female**

MAIN GENDER

**Bachelor's  
degree**

EDUCATIONAL  
BACKGROUND

**Employed**

EMPLOYMENT STATUS



Loving Yourself 2024

## Mental Health Insights and Statistics

STRESS LEVEL

Moderate  
(36.2%)

Common causes include Future uncertainties (31.7%), Work or academic pressures (23.8%), and Strained relationships (16%).

Approximately **8% of Bangkok's population is at risk of depression**, emphasizing the critical need for interventions.

EMOTIONAL WELLBEING

Recognizing  
emotions  
(37.2%)

Other popular coping methods included reflecting on thoughts (20.9%) and caring for physical health (11.5%).

LONELINESS TRENDS

Night time  
(27.4%)

Participants also reported feelings of isolation and sleeplessness at night time.

Loneliness was exacerbated by work-life imbalance and lack of meaningful relationships.

# Event Features and Engagement

## Interactive Booths



**HOPE FOR ALL HEARTS**

Booth from TIMS. Focused on advocating policies to improve workplace mental health and child psychological support



**SPEAK YOUR HEARTS OUT**

Booth from Maybelline Brave Together. Empowered attendees to articulate emotions using tools: the Feeling Wheel.



**HEART TO HEART BENCH**

Booth from Sati. Promoted self-awareness via a Mood Tracker and shared insights from Sati App's Impact Report.



**HEALING WALL**

Attendees wrote affirmations of self-love and reflected on their growth. This symbolic gesture aimed to reinforce positive self-regard.



Participants completing all booth activities received a **Mental Health First Aid Kit** and **Harmony Ice Cream**.

## Panel Discussions

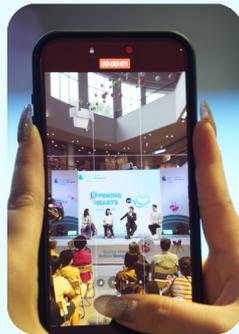
### LOVING YOURSELF

Experts discussed overcoming societal pressures and fostering self-compassion, emphasizing forgiveness and self-awareness.



### OPENING HEARTS

Explored the value of diversity and creating safe spaces for acceptance.



### VALUING LIVES

Highlighted the interplay between mental and physical well-being.



### ENHANCING CONNECTION

Addressed loneliness and how to build meaningful relationships.



## Feedback & Future Recommendations

- Overall Satisfaction: 4.4/5 stars
- Suggestions: Expand booths, larger venues, more giveaways.

