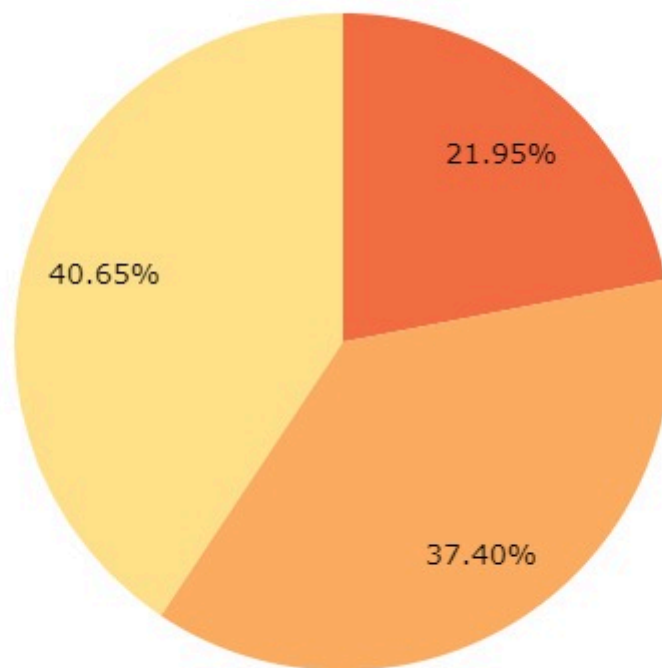


## Q.1 What is your favorite channel for a virtual (remote) discussion about mental health?

Total responses 123

Total skipped 0

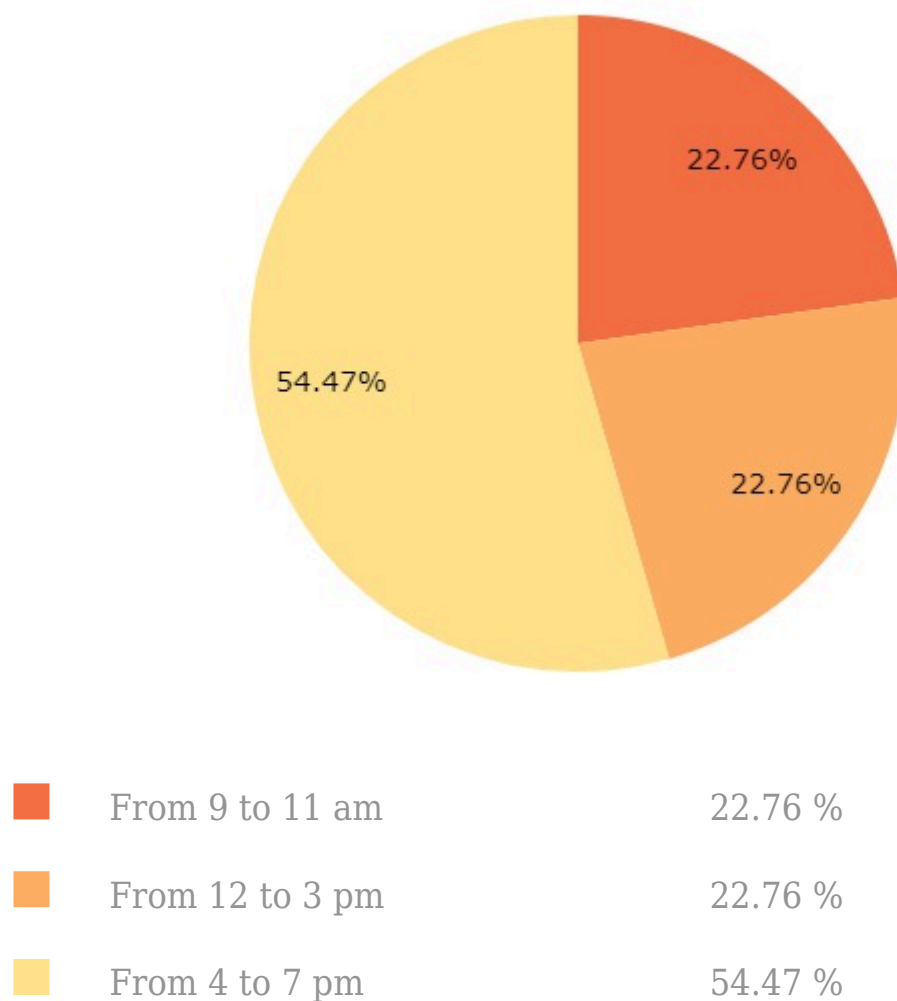


<span style="color: red;">■</span>	Instagram Live	21.95 %
<span style="color: orange;">■</span>	Microsoft Team	37.4 %
<span style="color: yellow;">■</span>	Zoom App	40.65 %

## Q.2 Which time would you choose?

Total responses 123

Total skipped 0



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### Q.3 What mental health topics would you like to discuss?

Total responses 123

Total skipped 0

1. reduce stress
2. Stress, mental wellbeing, mindfulness
3. stress management
4. Stress
5. benefits of mental wellness/ what what is mental illness and mental disorders?

6. Depression
7. word related stress
8. Antidepressant
9. Current trends stress and its management
10. Depression
11. Depression
12. Bipolar disorder
13. Emergency Assessment in Psychiatry
14. Depression
15. Stress and anxiety, also Bipolar disorder
16. Progressive mental health.
17. Stress control measures
18. Animal rescue
19. anxiety
20. Depression, OCD
21. Depression, OCD
22. Tension
23. Nil
24. Mental well-being
25. Stress
26. Stress
27. Stress
28. Stress
29. Bipolar disorder
30. Bipolar disorder
31. Stress. .
32. schizophrenia disorder
33. Employee
34. Stress management
35. Mental health awareness
36. Stress management
37. Stress management
38. Stress,depression
39. Mental Health education

40. .
41. .
42. OCD
43. Depression
44. Work related mental pressure
45. Work related mental pressure
46. Stress
47. Anexity
48. Depression
49. Depression, bipolar disorders, OCD
50. Work stress
51. Depression. General Anxiety Disorder. Sleeping Problems.
52. Stress Management
53. Osd
54. Occupational stress
55. Mental happiness
56. Mental happiness
57. Brain storming shout healthy life style
58. :
59. Insurance coverage
60. Stress
61. Depression
62. Stress
63. Health
64. Occupational stress and depression
65. Work pressure
66. Anxiety Disorder and depression
67. Dipressiom
68. Dipressiom
69. Depression and anxiety
70. Mental health for future
71. Anxiety related to weight gain
72. Children mental health
73. Mental happiness

74. Bi polar disease
75. Food anxiety
76. Health
77. Work stress
78. Mental happiness
79. Mental happiness
80. Anything
81. Xx
82. Health
83. Anything
84. Depression
85. Stress management
86. Motivation
87. Stress
88. Tension management
89. بيئة العمل
90. Burnout
91. Depression at work
92. ضغط العمل
93. Patience
94. Stress
95. DEPRESSION
96. Stress management
97. Stress
98. depression
99. ANXIETY AND STRESS
100. stress issues
101. Stress and emotional exhaustion
102. work depression
103. depression
104. Imposter syndrome, burn out
105. Attitude
106. How to stay healthy after long working hours

- 107. Tips to confront an issue
  - 108. obsessive compulsive disorder
  - 109. Anything related Post Covid side effect mental issues
  - 110. Anxiety
  - 111. Positive energy
  - 112. depression
  - 113. every things
  - 114. Stress relief
  - 115. stress among working place
  - 116. Amnesia
  - 117. Stress in the work
  - 118. Work environment effect on mental health
  - 119. How the medicine can be helper
  - 120. Depression
  - 121. Stress
  - 122. Stress management
  - 123. Feeling burnout at work/ handling work stress/ how to avoid over reacting / handling a negative work environment/how to respond to gossip/ mental health during pregnancy
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