ISSUE 01

OCTOBER 2026

MINDFUL. MEANINGFUL. TOGETHER.

Sulhaa Healthcare

NEWSLETTER

GRIEF AND ADDICTION

Sulhaa

A space for awareness,
compassion & growth.
Together, we heal. Together, we thrive.

AWARENESS
for a better you

INSIGHTS
for everyday life

COMMUNITY
that cares

GROWTH
that stays

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The Founder's Note

The Founder's Intern team

Greetings of the day!

We're the Founder's Intern team here at Sulhaa, and we wanted to take this opportunity to share a little about our journey with you.

Sulhaa has been more than a workspace for us. It has been a space for genuine growth, both individually and as a team. Along the way, we've developed a deeper awareness of the things that matter, in how we understand mental health, in how we approach business, and in how we show up for one another.

Working here has taught us far more than we anticipated. Beyond psychoeducation and mental health, which remain central to our work, we've also learned what it takes to build and run something meaningful: organizing ideas into action, shaping culture intentionally, and communicating with clarity and care.

This newsletter reflects a piece of that journey. We hope it offers you the same thoughtfulness and value that this experience has given us.

The Founder's Intern Team, Sulhaa

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Sulhaa Healthcare

NEWS HIGHLIGHTS

What's been happening in mental health & wellbeing



WHO: Self-care is part of mental health care

28 July 2026

WHO highlighted self-care as an important part of health support, including for mental health, reinforcing the value of practical tools people can use in everyday life.

World Health Organization



New push to expand treatment for substance use disorders

3 June 2026

WHO invited manufacturers to submit medicines for prequalification to help expand access to treatment for substance use disorders, a step toward stronger and more accessible care.

World Health Organization



Youth mental health and social media face growing scrutiny

August 2026

Across the U.S., major social-media platforms are facing lawsuits alleging harms to young people's mental health and addictive platform design, intensifying the debate around digital wellbeing and safer online spaces.

Associated Press

Stay informed. Stay curious. Take care of your mind.

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NEWS HIGHLIGHTS

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What's been happening in mental health & wellbeing



India launches National Tele Mental Health Programme 2.0

20 July 2026

The Ministry of Health and Family Welfare announced the expansion of tele-mental health services to more districts, aiming to improve access to quality mental healthcare, especially in rural and underserved areas.

Ministry of Health & Family Welfare, India



Schools across India adopt mental health curriculum and support cells

12 June 2026

Several states are rolling out mental health curricula and student support cells in schools to promote emotional wellbeing, reduce stigma and provide early support to young people.

The Hindu



New report calls for stronger mental health policy and funding

1 August 2026

A new policy report urges increased public investment in mental health services, integration into primary care and workplace support to address the growing burden of mental health conditions.

NITI Aayog Report

Knowledge brings awareness. Awareness builds change.

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PSYCHOLOGY SPOTLIGHT

George Koob and Nora Volkow



Nora Volkow

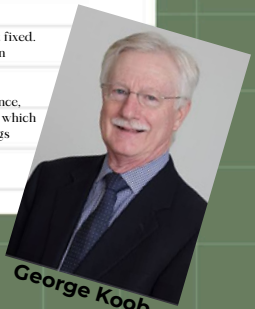
George Koob, a neuroscientist, and Nora Volkow, a psychiatrist and longtime director of the U.S. National Institute on Drug Abuse, reshaped how the medical world understands addiction, not as a moral failing, but as a condition rooted in brain circuitry. Their research helped establish addiction as a recognized brain disease, shifting treatment away from stigma and toward science-based care.

Their Core Idea: The Three-Stage Cycle

- Binge/Intoxication — The brain's reward system lights up, reinforcing the urge to seek the substance again.
- Withdrawal/Negative Affect — As the effects fade, a stressed, low, irritable state sets in, pulling the person back toward use just to feel normal.
- Preoccupation/Anticipation (Craving) — The mind fixates on the next use, often triggered by stress, cues, or memory of relief.

Koob and Volkow describe these stages as fluid, not fixed. They blend into and amplify each other, rather than happening in a clean, separate sequence.

A gentle note: their model is grounded in neuroscience, showing real, measurable changes in brain circuits, which is why it's widely used in medical and clinical settings today.



George Koob

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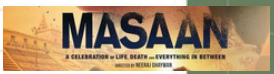
Grief in Indian Cinema: A Mini-Series

Grief rarely looks the way we expect it to. But underneath all its different shapes, it carries one quiet truth: nothing lasts the way we think it will, and that's exactly what makes it worth holding onto while it's here.

Masaan (2015)

Set in Varanasi, where cremation ghats sit beside everyday life, Masaan follows two strangers grieving in the same city in completely different ways. Devi carries guilt after her partner's death. Deepak, from a family of cremation workers, loses the quiet love he built across caste lines. Neither grieves loudly, their pain shows up in withdrawal, in routines they can no longer return to. But the film also shows what's left behind: the ordinary moments they shared before everything changed were never small. Grief only makes that clearer in hindsight.





Grief in Indian Cinema: A Mini-Series

October (2018)

Dan barely knows his colleague Shiuli before an accident leaves her in a coma. What undoes him is learning her last words before the fall were “Where is Dan?”, a small, present-tense moment he almost missed entirely. His grief becomes less about mourning a love that was declared, and more about honoring a connection he could have paid attention to sooner. It’s a reminder that we don’t always know which today matters, until later.





FEATURED ENTRIES

Echoes Of A Silenced Soul

I've spent my entire life learning how to save lives;
why would I end mine?
As I stand there in the seminar hall,
I notice those demons, pretending to be 'men,' approaching.
The hallway light shines in, but darkness radiates off them.
They have lustful smiles on their faces; nothing will stop them.
I stand there, thinking, 'How will I defend myself?'
But I know they won't stop until they've destroyed.
I begin to call out, but it is one of those nights when God just doesn't hear us pray
I should have been able to return to my family with peace of mind,
but the predators had planned otherwise.
I yell, I cry for help, but they knew how to silence me.
They broke my neck, broke my leg, and slammed my head against the wall.
The image is so horrific that the glasses I used to see,
made me bleed through my eyes.
But I didn't just give up; I put up a fight.
I only wanted to rest-why did you have to take my life?
Now, as the sun rises, I lay there, stripped of my soul and my light,
while my murderers roam free,
craving more, still very alive.
Still very alive.

-Mitali Gupta

Unknown!

Under these clothes that wrap my body
Is my naked being, unrealistically holy
Layers and layers of skin, very soft and delicate
Having scars of everyone I met
That hide my thoughts underneath
Maybe because they are too loud to breathe
I want to take them out, share it
But what if my melody has a different fit
Different from everyone, too strange to belong
I carry my emotions for a bit too long
Until it really melts in my bones
Blends with my blood and makes a shift in my tone
And no one ever gets to know about
Even if I tell them, they still doubt
How could a girl like me be so gloomy?
The one who always brings energy, is so dreamy
How can she not have someone?
Or maybe she has many, but she's better with none!

— Prachi Baranwal

Grief and Addiction

Grief is something we all experience in different parts of our lives, and yet that is exactly what makes the term so difficult to pin down. Grief is not mourning, and it is not sadness. Grief is a period where we come to terms with ourselves.
For some people, this period is very difficult. For others, moving on is more natural. But regardless of which kind of person you are, everyone has to go through a phase of understanding themselves, of coming to terms with the fact that, with or without whatever we've lost, life has to go on. It is a period where we might feel our worst, but it is also what makes us human in the best possible way.

I experienced grief when I had certain things weighing on my mind, and it was difficult to cope with. But once I was through it, I was very proud of myself.

Now, coming to addiction, addiction is something people often turn to in order to cope with grief. It is deemed as a negative coping strategy that hooks a person toward a certain thing, to the point where they're no longer able to come out of it. It is deemed that it deteriorates our health in all directions, physical, mental, and social, affecting every sphere of our life.

But the truth is, we all have addictions of some kind. While the harmful ones, like alcohol or drugs, get all the attention, there are others, writing, drawing, music, that are addictions too. Addiction is not the same as obsession, but it is something that consistently drives people toward a certain behaviour.

For me, giving up an addiction only matters if it is damaging your health. But if it is a way of coping with grief and it isn't harming you, if it is, in fact, healing you, then you shouldn't give it up.
Moving away from addiction requires a lot of courage and resilience, because none of us can simply become someone else overnight.

That's it from my side. I hope this was able to convey what grief and addiction truly mean, for me, and for everyone out there.

— Anika Gupta

Visual corner



— Prachi Baranwal

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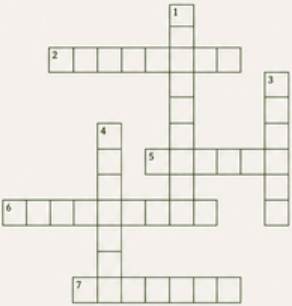
MIND GAMES

Fun, Psychology & You

A little play for your mind! These games are designed to spark curiosity, boost awareness and make psychology fun.

1. WORD CROSS

Solve the crossword using the psychology terms given below.



Across

2. The study of mind and behaviour
5. An emotion focused on future threat
6. The process of learning from experience
7. Deep and dreamless sleep stage

Down

1. The part of the brain that controls emotions
3. Mental process of making sense of information
4. Unpleasant feeling in response to a perceived danger

PSYCHOLOGY WORD BANK

- Psychology
- Amygdala
- Anxiety
- Cognition
- Learning
- REM Sleep

2. WORD SCRAMBLE

Unscramble the letters to reveal psychology terms.

1. EMOTIN _____
2. RIEVOMTY _____
3. REMPLYAO _____
4. NCPAETIRO _____
5. ATIVOTINM _____

> "Play is the highest form of research."
> – Albert Einstein

3. PSYCHO QUIZ

Tick (✓) the correct option.

1 Which theory suggests that children go through stages of psychosocial development?

A. Freud's Psychosexual Theory
B. Erikson's Psychosocial Theory
C. Maslow's Hierarchy of Needs
D. Piaget's Cognitive Development

2 Which bias makes us focus more on negative information than positive?

A. Confirmation Bias
B. Negativity Bias
C. Anchoring Bias
D. Availability Heuristic

3 The "fight, flight or freeze" response is related to which part of the brain?

A. Prefrontal Cortex
B. Hippocampus
C. Amygdala
D. Cerebellum

A curious mind is a growing mind.
Keep exploring, keep understanding yourself.

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MIND GAMES

Fun, Psychology & You

It's not just a game, it's mental training!

Play. Reflect. Discover.
Because a curious mind is a happy mind.

4. SPOT THE DIFFERENCE

Look closely! There are 7 differences between these two pictures.



5. EMOTION MATCH

Match the emotion with what it usually feels like in the body.

EMOTION		BODY SENSATION
1 Anxiety		A Heavy chest, wanting to cry
2 Joy		B Warmth in chest, lightness
3 Sadness		C Tight muscles, racing heart
4 Anger		D Tense jaw, clenched fists
5 Calm		E Stomach butterflies, restlessness
6 Fear		F Slow breath, relaxed body

6. THOUGHT CHALLENGE

Our thoughts aren't always facts.
Can you reframe these negative thoughts into a more balanced one?

NEGATIVE THOUGHT	A HEALTHIER PERSPECTIVE
1 I always mess things up. →	
2 No one really cares about me. →	
3 I can't handle this situation. →	
4 I'm not good enough. →	

7. PSYCHOLOGICAL RIDDLE

I'm not alive, but I grow.
I don't have lungs, but I need air.
I don't have a mouth, but water kills me.
What am I?

Answer: _____

8. BRAIN BOOSTER

Can you solve this?
If all roses are flowers and some flowers fade, then which of the following must be true?

A Some roses fade.
B All flowers are roses.
C Some flowers are roses.
D No roses are flowers.

Answer: _____

Play is the highest form of research.
Keep playing, keep growing.

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