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Identification of personal strengths of users of a mental health care platform**Ketaki Natekar***Mindpeers, India*

Introduction of positive psychology has modified how psychology and mental health have been viewed traditionally. Positive Psychology aims to do more than simply treating mental health disorders but instead 'find and nurture genius and talent' and 'make normal life more fulfilling.' This creates a holistic understanding of the person and not just one governed by their illness or difficulty. One of the key principles of positive psychology aims at supporting individuals to reflect on, consider, and identify their core strengths to utilize them to lead a flourishing life (Boniwell, 2006). These core personal strengths are defined as our built-in capacities for particular ways of thinking, feeling, and behaving (Linley, 2008). The strengths-based approach aligns itself with the notion of mental health recovery by focusing on a person's ability, helping them develop the confidence to embark on the journey of recovery and aiding them to progress towards mental health recovery. Mental health issues are seen as a normal part of human life. According to Gable and Haidt, an understanding of strengths can help to prevent or lessen the damage of disease, stress and disorder.

Aim: This paper aims to identify the personal strengths of persons seeking mental health support.

Methodology: MindPeers designed and implemented the Mental Strengths Survey. The Mental Strengths Index is a quantitative measure that was designed based on the 24 character strengths defined by Peterson and Seligman (2004). This index consists of 14 questions and responses are measured on a 3 point likert scale.

Conclusion: Leadership, Financial Fitness and Aspiration are the top 3 strengths indicating a focus on career and work related aspects of one's life. Precision, Self-Expertise and Energy Management are the areas of strength development indicating the need to develop EQ to manage emotions and work at reducing stress and burnout.

Biography

Ketaki Natekar was working as a mental health service head in Mind Peers. She is proficient in measure & builds mental strength. She is also an expert in therapy and treatment provider in Mind Peers.