

### MITHRA - The Good Samaritan Program

We truly live in uncertain, complex, and ambiguous times, and the recent changes in the environment are a perfect example of this. There are times in our personal and professional lives when the pressures and the anxieties of life and living, uncertainties & constant changes and need to adapt to those changes, place enormous stress on us, and takes its toll. During these times, it is important to find someone trustworthy to talk to, someone with a sympathetic, listening ear. MITHRA – The Good Samaritan Program is precisely for that purpose.

## MITHRA

– The Good Samaritan Program

MITHRA is a team of Happiest Minds' Volunteers who have committed to be available to listen, to help you deal with whatever it is that one is going through.

They are available to take calls or respond to mails 24/7, to help one process whatever it is that they are going through, in safety, acceptance and confidentiality.

**In FY22,  
Team Mithra  
has connected  
with over 1,000  
Happiest Minds**

