



Title: Public Engagement Intern

Number of Vacancy: 01

Reports to: Public Engagement Coordinator

Time Commitment: 5 days/week; 8.5 hours/day

Duration: 6 months (August 2025 - January 2026)

Job Location: Sangath Office, E-block, East of Kailash, New Delhi

Project: METROPOLIS (Mechanistic trial of problem-solving and behavioural activation for youth depression)

About Sangath

Sangath is a leading non-profit organization dedicated to transforming healthcare by focusing on mental health and public health initiatives. Our mission is to empower communities through world-class research, innovative healthcare solutions, and compassion-driven services. We are proud to have recently been recognized with the prestigious "Great Place to Work" award, a testament to our commitment to fostering an inclusive and supportive work culture.

Our Values

At Sangath, our values form the cornerstone of everything we do. For nearly three decades, we have passionately upheld a belief in the power of empathy, teamwork, and respect for every individual we serve and work with. We are committed to excellence in delivering world-class research and mental health services, backed by professional rigor and cutting-edge technology.

Our drive for innovation keeps us forward-thinking, always learning and evolving to solve complex healthcare challenges. We take pride in our unwavering integrity, ensuring transparency, accountability, and ethical practices throughout our work. Finally, we hold performance as a key measure of success, continuously striving for impactful, sustainable solutions. These values have been the backbone of our organization, guiding us on a journey of creating lasting change in the communities we serve.

Benefits

We believe in taking care of our team as much as they care for our mission. Sangath offers a dynamic range of benefits that reflect our commitment to our employees' well-being and professional growth. These include Provident Fund (PF), ESIC, Gratuity, and comprehensive Medical Insurance, ensuring financial and health security. We offer flexible work timings to promote a healthy work-life balance, along with special leaves such as Menstrual Leave and Gender Affirmation Leave. Our progressive work-from-home policy is designed to give employees the flexibility they need in today's changing work environment. Joining Sangath means being part of an organization that truly values and supports its people.



About Metropolis Project

METROPOLIS (Mechanistic trial of problem-solving and behavioural activation for youth depression) (www.metropolisstudy.com) is a program that aims to address the care gap faced by young people with depression in low-resource university settings. This study will examine the effectiveness of two brief psychological interventions, problem-solving, and behavioural activation, for college-going students in Delhi NCR, delivered by peers.

The project includes dedicated public engagement and outreach activities led by Sangath in collaboration with Youth for Mental Health as the It's Ok To Talk campaign. The broad objectives of these activities will be to: (i) address broader conversations around mental health stigma and encourage help-seeking among students; (ii) invite participation of students across the various programmed activities; and (iii) disseminate key findings from METROPOLIS via a range of outputs and events targeting specialist, lay and youth audiences.

About It's Ok To Talk

It's Ok To Talk is a public engagement initiative that leverages the transformative power of personal stories to help individuals understand and respond to emerging mental health problems. Launched in 2017, this initiative includes a web-based storytelling platform (www.itsoktotalk.in) and associated community-based public engagement events aimed at offering a supportive community to empower youth, particularly those from marginalised backgrounds with the knowledge and tools needed to address mental health challenges proactively.

Role & Responsibilities

The Public Engagement Intern will work closely with the Metropolis Project team to support storytelling, content creation, and outreach efforts for *It's Ok To Talk*, a bilingual digital platform that shares personal stories of youth mental health. The intern will contribute to various stages of the content publication pipeline and public engagement activities, including:

A. Storytelling & Content Management (It's Ok To Talk)

- Support the editorial process for story submissions, including:
 - Scheduling feedback sessions with story contributors.
 - Managing communication with contributors to obtain informed consent, updated drafts, and final approvals.
- Assist in coordinating with the design team to share finalized stories for illustration development.
- Supporting the translation of approved stories into Hindi (and vice versa when needed).
- Support in preparing and editing audio narrations of stories in English and Hindi.
- Help manage the backend workflow on the *It's Ok To Talk* admin console for scheduling and publishing stories.

B. Social Media & Newsletter



- Create and schedule weekly content for *It's Ok To Talk* and Metropolis Project on social media channels (Instagram, Twitter, LinkedIn), including story highlights, calls for submissions, and mental health resources.
- Draft engaging captions and manage the social media calendar.
- Support in preparing and designing monthly newsletters using Substack to share published stories, updates, and upcoming events.

C. Public Engagement

- Assist with the planning, logistics, and documentation of storytelling workshops, public events, and collaborations with youth and partner organisations.
- Support content creation and documentation for outreach activities, including photo/video recording, event summaries, and social media recaps.

Requirements

Essential

- **Bachelor's degree** in **Communications, Journalism, Psychology, Social Work**, or a related field (final-year students may apply, provided they are available for the full internship duration).
- Strong written and verbal communication skills in English, with an ability to write clearly, sensitively, and creatively.
- Prior experience in **social media management** or **communications** roles (internships or freelance work).
- Familiarity with **Design tools** like *Canva*, **Newsletter platforms** such as *Substack*, **Google Workspace** (Docs, Sheets, Slides, Drive) and **Microsoft Office** (Word, Excel, PowerPoint, OneDrive).
- Strong organizational skills and ability to manage editorial workflows and deadlines.
- Interest in storytelling for social change and digital mental health communication.
- Ability to work independently and collaborate with a small, multidisciplinary team.

Desirable

- Familiarity or prior engagement with **youth mental health, LGBTQI+ initiatives**, or **social justice-oriented public engagement**.
- Experience in editing or translating content between **English and Hindi**.
- Understanding of **inclusive, trauma-informed, and identity-affirming** language and communication practices.
- Familiarity with coordinating **illustration or design feedback processes**.

Youth from marginalised backgrounds and lived experiences of mental health difficulties are encouraged to apply.



What You Can Expect:

1. Hands-on experience in running a youth-focused public engagement and storytelling campaign.
2. Mentorship and structured guidance to develop your skills and explore areas of interest.
3. Exposure to a wide range of skills including content creation, website and social media management, communication, and event coordination.
4. Deeper understanding of youth mental health through working closely with personal stories, contributors, and community engagement activities.
5. Possibility of a full-time role with the Metropolis Project at Sangath, based on performance and availability of project funding at the end of the internship.

A monthly stipend will be provided to the intern for the duration of the internship.

We encourage you to apply even if you don't meet every single requirement.

At Sangath, we believe that passion and willingness to learn are just as important as formal qualifications. If you're excited about this role and the work we do, especially if you come from a background that's underrepresented in mental health or public engagement spaces, we'd love to hear from you. You might be exactly who we're looking for!

HOW TO APPLY: ?

Please submit your CV and cover letter highlighting your interest in the internship and how your skills align with the role to alka.singh@sangath.in by 15th July 2025 with the subject line **"Application for PE Intern"**. If available, share examples of previous work related to social media content or design.

Equal Opportunity

Sangath is an equal-opportunity employer committed to building a diverse and inclusive team. We value all employees, regardless of gender, caste, religion, disability, or sexual orientation, and encourage applicants from all backgrounds to apply.