Traditionally, mental health arena is highly influenced by the medical model where severe mental illnesses are considered chronic with irreversible neuropathological brain changes and information-processing deficits. This makes the person look at themselves from a negative, outlier perspective. This can make mental health recovery an isolating, impossible to achieve journey. But mental health recovery is a personal journey of gaining an increasingly meaningful life despite the presence of mental illnesses.

To recover, persons with mental health concerns have to be confident that they have the ability to recover from mental health conditions. This is where positive psychology comes in. 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.' One of the key principles of positive psychology is to support 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. Consumers' positive attributes including assets, aspirations, hopes and interests are elicited and cultivated. According to Gable and Haidt, an understanding of strengths can help to prevent or lessen the damage of disease, stress and disorder.
Adopting a strengths based approach benefits by

- Showing long-term decreases in depression
- Strengths act as buffers, helping to protect you from anxiety and depression
- Building better psychological well-being
- Improving mood
- Reducing mental health stigma
- Reducing hopelessness in inpatient clients and increasing optimism following the practice of several positive psychology exercises, including strengths use.

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.
With a large sample size, quantitative measures are beneficial to assess the extensiveness of strengths and to ensure an adequate representation.

Sample Population:

Sample size: 3000
Demographics: Age: 18-55

Procedure:

Mental Strengths Index can be accessed by signing up on the MindPeers platform. Participants will have access to the platform via the app or the website. Once signed up, they will be directed to the Mental Strengths Index. Upon completion of the index, they will be shown their individual results.

MindPeers terms and conditions detail the consent to use user responses anonymously for research purposes. Before completing sign up, the user signs the terms and conditions and provides consent to use the data for research purposes. Data is anonymised to maintain confidentiality.