Title: Technology-Based Interventions for Mental Health Support in Bangladesh.

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Abstract: This chapter explores the potential presence and role of technology-based interventions in addressing mental health challenges in Bangladesh. The technology landscape in Bangladesh is examined, focusing on the growth of information and communication technology, mobile internet usage, and smartphone adoption. E-mental health initiatives, including tele-psychiatry and tele-counseling platforms, mobile apps, and virtual reality applications, are promising approaches to bridge gaps in mental health support. The importance of combating stigma and raising mental health awareness is discussed, focusing on the role of technology, online campaigns, and collaborations between tech companies and mental health institutions. Challenges and future directions for technology-based interventions are addressed, including digital divide concerns, cultural relevance, data privacy, and funding. It emphasizes the transformative potential of technology-based interventions and the need for collaboration, evidence-based practices, and awareness-building efforts to foster a supportive mental health ecosystem in Bangladesh.

Keyword: Mental Health, Technology-Based Interventions, Stigma, Online Support Groups.

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