

Empowering students

Screening and assessment of students mental health using psychometric tools for self-assessment

Student life is full of challenges, with more than 10,000 student suicides reported in India every year. Research indicates that over 50% of university students suffer from stress, more than 20% experience depression, and about 10% have a diagnosed psychiatric disorder. Despite these alarming statistics, the narrative is often overshadowed by stigma and a lack of awareness, discouraging students from seeking help when they need it the most.

The newly launched mobile app and psychometric tests aim to address this gap by providing students with tools to screen, identify, and take affirmative action to improve their mental health. These tools have been developed by a group of experts in psychology and psychiatry and have undergone rigorous validation and testing to ensure reliability. While not a complete solution, they represent an important step towards innovation in mental health care.

The app is designed to offer information about:

1. The level of stress experienced by students.
2. The presence of psychiatric symptoms.
3. The presence of broader mental health concerns and associated risks.
4. The level of functioning and overall positivity.

A scientific algorithm within the app guides students to the most appropriate next steps, which could range from mental health education and self-development to meeting with a counselor, doctor, or psychiatrist. This approach aligns with the Government of India's emphasis on promoting access to mental health services, including the helpline "MANAS" at 14416, where students can connect with counselors.

The platform also integrates resources from governmental and non-governmental organizations, private sector entities, district mental health programs, and psychiatry departments at medical colleges to facilitate access to care

For additional information, media inquiries, or to download the app, please visit.

[www.mansikshakti.in](http://www.mansikshakti.in) www.notension4students.com

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