A person wearing a graduation cap and gown

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Press release

**Press Release: Shri Ramesh Bais, Honorable Governor of Maharashtra Launches Mobile App and Psychometric Tests for Student Mental Health Screening**

Mumbai, 09.05.2024

In a significant step towards addressing the mental health challenges faced by students, the Honorable Governor of Maharashtra launched a new mobile app and psychometric tests for screening and assessing mental health-related problems among students. The launch event took place at Raj Bhavan, Mumbai on 9.5.25 in afternoon, with a dedicated effort to empower students and raise awareness about mental health issues across the country. His excellency dedicated the digital technology, new psychological tests for screening and identification of mental health problem. The new initiative enables students to screen their own problems and decide about seeking help.

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.

Additionally, the app will be available free of charge to government institutions, with specific conditions to ensure proper care and support for students who may be suffering from stress or at risk of mental health issues. 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. The App will be available to Government universities and other institutions free of cost with conditions to provide support to those who have the need for mental health intervention. Currently the technology will be for second phase of research studies for next 4 months, thereafter it will be open to everyone.

Speaking at the launch, His Excellency emphasized the importance of addressing mental health in educational settings. "This mobile app and the accompanying psychometric tests represent a significant leap towards empowering students to take charge of their mental health. By providing accessible tools and resources, we aim to reduce stigma and encourage students to seek help without hesitation," he said.

We profoundly thank His Excellency for his kind gesture to give us this opportunity.

Feedback from users and further research on the app's effectiveness will be crucial in refining and evolving these tools. The ongoing commitment to validation and improvement will ensure that the initiative meets the needs of students and contributes to a broader cultural shift towards openness and acceptance of mental health challenges.

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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