

Student Mental Health Development and Well-being for University: Programme components

1. Software and Mobile App for Screening and Identification:
   * We have developed a software and mobile application for screening and identifying stress and mental health conditions through self-assessment using psychometric tools.
   * Includes identification of high-risk students.
2. Access to Care:
   * Establish a helpline (Tele Manas 14416) for immediate assistance.
   * Provide access to counselors within the university programs, private practice psychiatrists, dedicated university psychiatrists, psychiatry departments in medical colleges, and district mental health programs.
3. Self-development Program:
   * Offer mental health education and promotion through various activities including physical fitness, yogic sciences, practice of Gayatri Mantra, peer support, academic mentorship by university teachers, and networking in specialized subgroups.
4. New Courses in Mind Sciences and knowledge translation
   * Introduce new courses in Mind Sciences for both students and faculty development.
   * I have compiled a series of ten books for students mental well-being. We can provide ebooks
5. Training Programs:
   * Conduct teachers training programs for suicide prevention, mental health awareness, and advanced training for counselors. A manual has already been developed for suicide prevention.
6. Research and Innovation:
   * Utilize digital mental health devices for identifying mental health conditions.
   * Evaluate cultural interventions and develop culturally sensitive psychological therapies.
   * Focus on grantsmanship by writing and submitting national and international research grants.
7. Continuing Education:
   * Organize webinars for awareness and education.
   * Assign Ph.D. and MD students for thesis in the field of student well-being.
8. Academic Mentorship:
   * Establish a core group of teachers for academic mentorship.
   * Create social networks or dedicated groups of students trained in mental health from each class.
9. Awareness and Anti-stigma Interventions:
   * Utilize social media, public discourse, art, culture, and debate to raise awareness and combat stigma surrounding mental health.
10. Suicide Prevention Program
    * Program for awareness and responsible media reporting with education
    * Identification, peer support and access to care for intervention and training
11. Setting up Administrative Support and coordinator
    * Establish administrative support to manage the logistics and operations of the program effectively.
    * Appoint a dedicated coordinator to oversee the implementation and coordination of the program
12. Fundraising Activities:
    * Organize fundraising activities to support mental health programs and initiatives.

Conclusion:

By implementing this comprehensive program, we aim to create a supportive environment for students, promote mental well-being, and address the growing mental health challenges faced by the student community. This can form a draft for collaboration with Mansik Shakti Foundation

We look forward to the support and collaboration of all stakeholders in making this program a success.

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Psychiatrist

Director, Mansik Shakti Foundation

A non-profit Organization