



Dempo Charities Trust's

SRINIVASSA SINAI DEMPO COLLEGE OF COMMERCE AND ECONOMICS

Cujira-Bambolim, Goa.

STUDENT MENTAL HEALTH POLICY

Meaning and objectives of the mental health Policy

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It determines how we handle stress, relate to others, and make choices. A mental health policy will help set guidelines to ensure smooth functioning of the counselling cell.

Dempo Charities Trust's Srinivassa Sinai Dempo College of Commerce and Economics aims to provide a supportive environment that will help students with mental health difficulties to realise their academic potential and more specifically, to meet course requirements and promote positive mental health and overall well-being.

Objectives of the mental health policy

- To encourage students with mental health difficulties to seek help.
- To support students who may experience emotional or psychological issues that affect their ability to fully participate in their education.
- To provide guidance and awareness training to academic staff involved in the support and care of students.
- To respect confidentiality of private information provided by students with psychological difficulties.
- To promote awareness on topics related to mental health.
- To Promote general wellbeing of all staff and student.



Referral

A referral may be made when the student's problems are interfering with his or her academic work or because observation of student's personal behaviour raises concerns apart from their academic work.

- Students can seek help from the college counsellor on their own.
- Class teachers and mentors can refer students to the counsellor.

Recognizable indicators

- Marked decline in quality of academic performance, class participation
- Increase in absence from class, or failure to turn in work
- Prolonged low mood suggested by sad demeanour, apathy, weight loss, tearfulness
- Violent outbursts
- Bizarre/ strange behaviour or speech
- Marked changes in personal hygiene
- Signs of excessive alcohol or drug use
- Physical or sexual assault
- Talk of suicide either directly or indirectly

Documentation

Referral forms for teachers – Teachers shall refer students with concerns to the college counsellor by filling up the counselling referral form.

The college counsellor will maintain the records of individual and class interactions with students.

The documents shall be kept confidential protecting the privacy of students.

Role and Responsibilities

Student

All students should create a community that does not stigmatize individuals with mental health difficulties.

Students are encouraged to take an active part in, and take responsibility for communicating their needs and seeking support within the institution. Students with mental health difficulties are encouraged to inform relevant staff/counsellor of their difficulties.

Students are made aware that if a student chooses not to disclose a mental health difficulty that affects their academic and co- curricular performance, the institution will not be able to provide the support that is expected of it.



Staff

Upholding confidentiality and exercising responsibility regarding disclosure, protecting sensitive information of students.

Counselling cell

The counselling cell will schedule counselling sessions by external counsellors.

The cell shall identify resource persona and arrange sessions on relevant topics.



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COUNSELLING REFERRAL FORM

Student Name- _____

Date - _____

Referred by - _____

Reasons for referral

Disruptive classroom behaviour

Consistent neglect of college work

Personal or home problem

Grief counselling

Anger management

Substance use

Frequent absenteeism

Poor social skills

Bullying

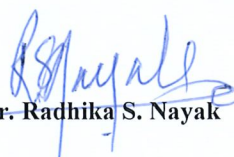
Low self esteem

Other issues

Specify

Signature - _____




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