

**SIES College of Commerce and Economics,
Sion (East), Mumbai – 400 022.**

MENTAL HEALTH INITIATIVES

The college provides counselling services to students, teachers and non-teaching staff. Students and parents are briefed about the counselling services during orientation/ induction process. Teachers are given an orientation to identify and report emotional and learning difficulties of students to the counsellor. At the beginning of the academic year, a session on 'psychological education' is held for faculty by the counsellor. A detailed discussion on the common psychological problems faced by students takes place along with red flags to look for. The psychology faculty addresses students in their respective classes about emotional health and remedial measures available through college counsellor. Free counselling service is provided for students, staff and parents. Regular follow ups are also conducted. Referrals by staff and Principal are routed to the counsellor. Students are also given certain pointers to identify red flags of mental health, so in case of need they can directly approach the psychology faculty or the counsellor and present the problem. This buddy system has helped the college to identify psychological issues in the beginning without them going unnoticed.

Different programmes are conducted for students such as 'Sway the stress away', music and mental health in collaboration with M Power an Aditya Birla initiative. Students are often consulted before organising the programs so as to check their needs and problems. In-house counsellor's services were also utilised for workshops such as communication for healthy relationships, anger management etc.

A special intra-collegiate interactive program on mental health and well-being was initiated through 'Antarman'. Various events were held such as poster

making, elocution and essay writing on the themes: mental health and social media, status of mental health in India, substance abuse etc. Students are encouraged to participate. These activities help to sensitize students towards mental health issues. Mental health professionals who come as the judges of Antarman events share their valuable expertise with students. All these activities create increased awareness in the students.