

A. OBJECTIVES OF THE CELL:

- To spread awareness among the Students, Teachers, and Employees regarding mental health indicators, issues and preventive measures
- To empower the Students, Teachers, and employees with appropriate understanding and skills to preserve mental health and prevent mental health issues
- To organise various empowerment and awareness programmes the Students, Teachers, and Employees regarding mental health indicators, issues and preventive measures
- To increase contact points by creating peer-help groups and teacher-mentor groups.
- To conduct mental health surveys for various groups of clientele to shape future services
- To provide basic non-professional, non-clinical guidance to the clientele seeking help and inform them about and refer them if required to the available counselling provisions
- To create a network of Counselling services with the State Mental Hospital, Sendri, Bilaspur and the CIMS, Bilaspur, District Hospital, Bilaspur, as well as other relevant organisations
- To create a creative environment in collaboration with the cultural activity groups & cells.

B. STANDARD OPERATING PROCEDURE FOR COUNSELLING SUPPORT:

- People feeling a service needed from the cell should visit the office of the Psychological Counselling Cell, GGV or contact any of the members through call or WhatsApp or text SMS.
- They have to fill up a self-report form, available in the office.
- Basic non-professional, non-clinical guidance shall be provided at a suitable time which will be recorded. A referral to appropriate professional counselling authorities shall be initiated.
- The department or the Parents shall be informed if required with the consent of the client.
- The interview, report and details of the client shall be kept confidential.
- After trainings at unit level, each department shall be instructed to form a local help group so that the clients may have an immediate help at local level. Department level policies shall also be developed to increase contact points.