



Student Mental Health Policy

Government Medical College, Ambernath

1. Purpose

To promote mental well-being among students, provide accessible mental health services, prevent psychological crises, and ensure a supportive, inclusive, and confidential learning environment.

2. Scope

This policy applies to all undergraduate, postgraduate, interns, residents, and allied health students enrolled in the Government Medical College, Ambernath.

3. Objectives

- Promote positive mental health and resilience.
- Prevent stress, burnout, anxiety, depression, substance misuse, and self-harm.
- Ensure timely identification and intervention for students experiencing mental health concerns.
- Reduce stigma associated with seeking psychological help.
- Provide clear referral pathways for emergencies and specialized care.

4. Guiding Principles

- Respect and dignity.
- Confidentiality and privacy.
- Non-discrimination.
- Student-centred care.
- Early intervention.
- Evidence-based practice.
- Collaboration among students, faculty, and mental health professionals.

5. Mental Health Services

- On-campus counseling services by qualified psychologists or counselors
- Psychiatric consultation through the Department of Psychiatry
- Crisis intervention and emergency response available at all times.
- Tele-counseling and online support where feasible.

6. Mental Health Promotion

- Orientation programs on stress management.
- Workshops on resilience, mindfulness, time management, and coping skills.
- Peer support initiatives.
- Awareness campaigns during Mental Health Day and throughout the academic year.

7. Early Identification

Faculty mentors, wardens, peers, and student representatives should be trained to recognize warning signs such as:

- Persistent sadness or anxiety.
- Significant academic decline.
- Social withdrawal.
- Substance misuse.
- Expressions of hopelessness or suicidal thoughts.

Students identified as at risk should be referred promptly to counseling services.

8. Emergency Response

Students expressing suicidal thoughts, engaging in self-harm, or experiencing psychiatric emergencies should receive immediate assessment by a mental health professional. Emergency medical care should be arranged when required, with appropriate notification of designated institutional authorities while maintaining confidentiality.

9. Roles and Responsibilities

College Administration

- Provide adequate mental health resources.
- Ensure policy implementation.
- Allocate financial and human resources.

Faculty Mentors

- Identify students needing support.
- Refer students appropriately.
- Maintain confidentiality.

Counselors and Psychiatrists

- Provide assessment, counseling, treatment, and follow-up.
- Maintain clinical records securely.

Students

- Seek help when needed.
- Support peers responsibly.
- Participate in wellness activities.

10. Confidentiality

Mental health records shall remain confidential and accessed only by authorized professionals, except where disclosure is necessary to prevent serious harm or as required by law.

11. Leave and Academic Support

Students undergoing treatment may receive reasonable academic accommodations, including leave, examination support, or modified schedules based on institutional regulations and medical recommendations.

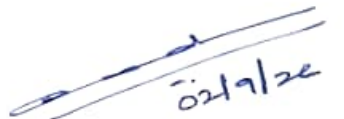
12. Training

Annual training should be provided for faculty, staff, and student leaders on:

- Mental health awareness.
- Suicide prevention.
- Psychological first aid.
- Referral procedures.



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मनोविकृतीशास्त्र विभाग,
शासकीय वैद्यकीय महाविद्यालय, अंबरनाथ, जि. ठाणे-४२१ ५०५

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Standard Operating Procedure (SOP):

Suicide Prevention in Students

Purpose

To identify, support, and protect students at risk of suicide through timely intervention, referral, and follow-up while promoting a safe and supportive educational environment.

Scope

This SOP applies to all students, teachers, school counselors, administrators, and support staff.

Objectives

- Identify students at risk of suicide early.
- Provide immediate support and crisis intervention.
- Ensure timely referral to mental health professionals.
- Involve parents/guardians appropriately.
- Maintain confidentiality while ensuring student safety.

Warning Signs

- Talking or writing about death or suicide.
- Expressing hopelessness or feeling like a burden.
- Withdrawal from friends, family, or activities.
- Sudden mood changes or increased irritability.
- Declining academic performance.
- Self-harm or risky behavior.

- Giving away personal belongings or saying goodbye.

Roles and Responsibilities-

Teachers -

- Observe behavioral and emotional changes.
- Report concerns immediately to the school counselor or principal.
- Provide a supportive and non-judgmental environment.

School Counselor -

- Conduct risk assessment.
- Provide crisis counseling.
- Develop a safety plan.
- Refer to mental health professionals when necessary.
- Maintain appropriate documentation.

Principal/School Administration

- Coordinate emergency response.
- Inform parents/guardians.
- Ensure confidentiality and student safety.
- Facilitate staff training on suicide prevention.

Parents/Guardians

- Cooperate with the school.
- Seek professional mental health care.
- Monitor the student's well-being at home.

Procedure

1. Identify warning signs.
2. Stay with the student; do not leave them alone if suicide risk is suspected.
3. Notify the school counselor and principal immediately.
4. Conduct an urgent suicide risk assessment.

5. Contact parents/guardians promptly.
6. If there is an immediate risk, arrange emergency medical or psychiatric care.
7. Develop and implement a safety plan.
8. Maintain regular follow-up with the student and family.
9. Document all observations, actions, referrals, and follow-up.

Confidentiality

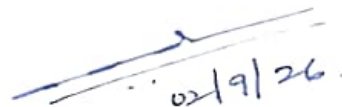
Student information should remain confidential and be shared only with individuals directly involved in ensuring the student's safety.

Prevention Strategies

- Mental health awareness programs.
- Life skills and resilience education.
- Anti-bullying initiatives.
- Peer support programs.
- Easy access to counseling services.
- Regular teacher training on identifying warning signs.



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