

PREPARED FOR

Manas – Center for Mental Wellness & Counselling

# Student Mental Health in Educational Institutions

A Framework for Schools, Colleges, and Coaching Centres

Presented by Dr. Priya Dubey Sharma

Manas – Center for Mental Wellness & Counselling

UDYAM-MP-10-0120839



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## Programme Overview

India faces a significant student mental health challenge, exacerbated by intense academic pressure, pervasive competition, and career uncertainties. This programme equips educational stakeholders with the knowledge and tools to foster a supportive environment and address the rising tide of anxiety and distress among students.

### Learning Objectives

- ✓ Understand the current landscape of student mental health challenges in India, recognising the prevalence and contributing factors to distress. This awareness is crucial for effective intervention and support.
- ✓ Develop the ability to identify early indicators of emotional and psychological distress in students, enabling timely support and preventing escalation. Early recognition is key to positive outcomes.
- ✓ Learn strategies for cultivating a psychologically safe and inclusive academic atmosphere where students feel valued and supported. A safe environment promotes overall student well-being and academic success.
- ✓ Gain insights into effective counselling approaches and establish robust referral systems for students requiring specialised attention. This ensures students receive appropriate care when needed.
- ✓ Acquire skills to communicate sensitively and effectively with parents regarding their child's mental well-being, fostering a collaborative approach to support. Partnership with parents is vital for student success.
- ✓ Create a sustainable action plan tailored to your institution's needs for promoting and safeguarding student mental health. A well-defined plan ensures ongoing commitment and impact.

#### WHO SHOULD ATTEND

This programme is designed for school counsellors, college faculty, coaching centre directors, administrators, and parents who play a pivotal role in the lives of students.

## Programme Content

### 1. The Student Mental Health Crisis in India: Data and Reality

Explore the current state of student mental health in India, presenting data on the prevalence of anxiety, depression, and stress. We will discuss the unique pressures students face, from academic competition to societal expectations, and how these contribute to widespread distress. Understanding these realities is the first step towards meaningful intervention and support within educational settings. This session will highlight the urgent need for proactive measures to safeguard young minds.

 **Activity:** Group discussion on current observations of student stress within participants' institutions.

### 2. Recognising Distress Signals in Students

This section focuses on equipping you with the skills to identify subtle and overt signs of emotional struggle in students. We will cover a range of indicators, including changes in academic performance, social withdrawal, behavioural shifts, and physical complaints. Learning to spot these signals early allows for timely intervention, preventing potential crises and offering crucial support when students need it most. Early detection significantly improves the chances of positive outcomes.

 **Activity:** Case study analysis to identify distress signals.

### 3. Creating a Psychologically Safe Academic Environment

Discover practical strategies for fostering an academic culture that prioritises student well-being and safety. We will explore how to build trust, encourage open communication, and create inclusive spaces where students feel respected and understood. A psychologically safe environment not only reduces stress but also enhances learning, engagement, and overall development. This session provides actionable steps for making your institution a beacon of support.

 **Activity:** Brainstorming session on creating safe spaces within classrooms.

#### 4. Counsellor Training and Referral Pathways

This module addresses the essential role of counsellors and the importance of robust support systems. We will discuss key training components for effectively supporting students and establishing clear, accessible referral pathways for those needing specialised care. Ensuring that students can easily access appropriate professional help is critical for their recovery and ongoing well-being. This ensures a comprehensive approach to mental wellness support.

 **Activity: Developing a sample referral flowchart for the institution.**

#### 5. Communicating with Parents About Student Mental Health

Learn effective techniques for engaging parents in conversations about their child's mental health. We will cover how to initiate these discussions sensitively, share concerns constructively, and collaborate on support strategies. Building a strong partnership between the institution and parents is vital for creating a consistent and supportive network around the student. This collaborative approach enhances the effectiveness of all interventions.

 **Activity: Role-playing difficult conversations with parents.**

#### 6. Developing a Sustainable Institutional Action Plan

This final section empowers you to translate learning into concrete action. We will guide you through the process of developing a customised action plan for your institution, focusing on sustainable strategies for promoting student mental health. This plan will outline key initiatives, responsibilities, and timelines, ensuring a long-term commitment to student well-being. A well-structured plan ensures continuous improvement and impact.

 **Activity: Individual or small group work on drafting initial action plan components.**



## Action Plan

Concrete steps for implementation.

Action	Owner	Timeline	Notes
Establish a Mental Health Task Force	Administration/ Leadership	Week 1	Form a dedicated committee comprising faculty, counsellors, and administrators to oversee mental health initiatives.
Conduct Staff Awareness Training	Counsellor/ External Facilitator	Month 1	Organise workshops for all staff on recognising distress signals and basic support strategies.
Review and Enhance Referral Pathways	Counsellor	Week 2	Map existing referral services and identify gaps to ensure seamless access to external support.
Develop Parent Communication Protocols	Administration	Month 1	Create clear guidelines and templates for communicating with parents about student well-being concerns.
Integrate Well-being into Curriculum	Faculty/ Department Heads	Month 2	Explore opportunities to embed themes of emotional regulation and stress management into relevant subjects.
Schedule Regular Review Meetings	Mental Health Task Force	Quarter 1	Set up recurring meetings to assess the progress of the action plan and make necessary adjustments.

## About Manas



### Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years

Dr. Priya Dubey Sharma brings 18+ years of applied psychology to corporate wellness. She has worked with SBI, educational institutions, and corporate teams across India. Her evidence-based approach combines CBT, mindfulness, and culturally contextualised psychology for measurable outcomes. She is the creator of the Performance FOMO Index™ and the High-Functioning Distress Framework™.

### Manas – Center for Mental Wellness & Counselling

A MSME-registered organisation dedicated to evidence-based mental wellness.

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**Disclaimer:** This document has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling (UDYAM-MP-10-0120839). Content is for programme overview and educational purposes only. Nothing herein constitutes legal advice regarding POSH Act compliance – organisations should consult qualified legal counsel for specific legal guidance. For clinical or psychological support, please reach out to the Manas Team for personalised guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. Confidential – prepared specifically for the named organisation. For queries: [manu@manas365.com](mailto:manu@manas365.com) | +91 99818 13224