

PREPARED FOR

Manas – Center for Mental Wellness & Counselling

# Youth Mental Health in the Digital Age

A Guide for Parents, Teachers, and Youth Workers

Presented by Dr. Priya Dubey Sharma

Manas – Center for Mental Wellness & Counselling

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## Programme Overview

Indian youth face immense mental health challenges today, influenced by the digital world, academic pressures, and identity development. This programme equips adults with the understanding and skills to support young people effectively.

### Learning Objectives

- ✓ Understand the unique mental health landscape for Indian youth, recognizing the pressures they face from societal expectations and digital influences.
- ✓ Identify the specific impacts of social media on young people's emotional well-being, learning to differentiate between healthy and harmful usage patterns.
- ✓ Recognize subtle and overt indicators that a young person may be experiencing emotional distress or mental health concerns.
- ✓ Develop practical communication strategies to initiate supportive conversations with young people about their mental health without causing them to withdraw.
- ✓ Gain clarity on the appropriate steps and resources available for seeking professional guidance when a young person's mental well-being requires expert support.

#### WHO SHOULD ATTEND

This programme is designed for parents, school teachers, college counsellors, and NGO youth workers who interact with or are responsible for the well-being of young people.

## Programme Content

### 1. The Youth Mental Health Landscape in India Today

Explore the current environment of mental well-being among Indian youth, acknowledging the increasing pressures from academic competition, societal expectations, and the rapid pace of change. Understanding these systemic influences is crucial for recognizing how they can impact a young person's emotional state. This section will highlight common concerns and the importance of early awareness for parents and educators. We will discuss how these external factors can create internal struggles for young individuals seeking their place in the world.

 **Activity: Group discussion on observed pressures faced by youth in their communities.**

### 2. How Social Media is Reshaping Young People's Mental Health

Delve into the complex relationship between social media and the mental well-being of young people, examining both its potential benefits and significant drawbacks. We will discuss how constant connectivity, curated online personas, and the fear of missing out (FOMO) can influence self-esteem and social comparison. The session will provide insights into recognizing unhealthy online habits and their correlation with increased anxiety or low mood, empowering adults to guide youth towards a more balanced digital life.

 **Activity: Brainstorming healthy social media usage tips for young people.**

### 3. Signs That a Young Person Is Struggling

Learn to identify the key indicators that a young person might be experiencing difficulties with their mental health, recognizing that these signs can vary widely. We will cover changes in behaviour, mood shifts, withdrawal from activities, altered sleep or eating patterns, and academic performance decline. Early detection is vital, and this section will equip you with the observational skills to notice when something is amiss, enabling timely intervention and support.

 **Activity: Scenario-based identification of potential distress signals.**

#### 4. How to Have the Conversation Without Pushing Away

Develop effective communication techniques to approach sensitive topics about mental health with young people in a way that fosters trust and openness. This section focuses on active listening, empathetic responses, and creating a safe space for them to share their feelings without judgment. We will explore phrases and approaches that encourage dialogue rather than defensiveness, helping to build stronger connections and provide reassurance.

 **Activity: Role-playing difficult conversations about mental health.**

#### 5. When to Seek Professional Help and How

Understand the threshold for seeking external support and learn about the various avenues available for professional mental health assistance for young people. We will discuss how to recognize when a situation requires expert intervention and provide guidance on how to access resources like counsellors, therapists, and helplines. This knowledge empowers you to act decisively when a young person's well-being is at stake, ensuring they receive the appropriate care.

 **Activity: Resource mapping for local mental health services.**

#### 6. Building Resilience and Promoting Well-being

Focus on proactive strategies to foster resilience and promote overall mental well-being in young people, equipping them with coping mechanisms for life's challenges. This session will explore the importance of strong social connections, healthy lifestyle habits, and developing a positive self-concept. By understanding these protective factors, adults can actively nurture an environment that supports sustained emotional health and reduces vulnerability to distress.

 **Activity: Developing a personal action plan for promoting youth well-being.**

## Action Plan

Concrete steps for implementation.

Action	Owner	Timeline	Notes
Share programme takeaways with colleagues and peers.	HR/Manager	Week 1	Encourage participants to disseminate key learnings to foster a wider understanding of youth mental health within the organization.
Integrate mental health awareness into existing youth programs.	HR	Month 1	Identify opportunities to incorporate discussions and resources on mental well-being into current initiatives targeting young people.
Create a resource list of local youth mental health services.	Manager	Week 2	Compile a comprehensive and accessible list of professional support options for young people and their families.
Organize follow-up informal discussion sessions.	HR	Month 1	Schedule brief, optional gatherings for participants to share experiences and challenges in applying programme learnings.
Promote open communication channels for youth concerns.	HR/Manager	Month 2	Actively encourage and model a culture where young people feel safe and supported to express their concerns without fear of reprisal.
Review and update organizational policies related to youth support.	Leadership	Quarter 1	Ensure that organizational guidelines reflect current best practices in supporting the mental health and well-being of young individuals.

## 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