



MENTAL AND EMOTIONAL WELLBEING

Dear Parents,

Being human means to have a plethora of emotions and thoughts.

But many a times in our life all of us face situations which tests us and lead us to having maladaptive thoughts or emotions like feeling sad, confused, anxious, irritated, unmotivated.

To cope with such emotions we all must share, speak up and seek help.

One such place where you can seek help is iCALL.

iCALL – Initiating Concern for All is a pioneering and an empowering mental health project which was started in 2012 by School of Human Ecology, TISS – Mumbai. iCALL endeavours to provide professional and free counseling through technology assisted mediums such as, telephone, email and chat to anyone in need of emotional support, irrespective of age, gender, sexual orientation or race, and transcending geographical distances while ensuring confidentiality.

iCall Helpline Number : 9152987821

Working Hours : Monday to Saturday (10AM- 8PM)

For more information visit the website : <https://icallhelpline.org/>

Another initiative by Ministry of Education (MOE), Government of India (GOI) -MANODARPAN aims to provide psychosocial support for mental health and well-being of students.

(<http://manodarpan.mhrd.gov.in/index.html>)

National Toll-free Helpline (8448440632) has been set up to provide tele-counselling to students across schools, colleges and universities and their parents and teachers to address their mental health and psychosocial issues.

Series of Webinars and discussion sessions 'Paricharcha' are held under the Manodarpan initiative to reach out to students and all stakeholders with the aim to create awareness about mental health and well-being concerns and ways of dealing/coping with them.

How you feel, leads to how you think which leads to how you act. One step towards your mental health is equivalent to a mile in your well being. Do not shy away, reach out for help , there is someone who can help you.

Asha Prabhakar
(Principal)

स्वच्छ भारत
एक कदम स्वच्छता की ओर

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