

ANNEXURE - I

Manodarpan is an Indian government initiative by the Ministry of Education to provide psychosocial support for students, teachers, and families, offering guidelines for managing stress, building resilience, and promoting mental well-being through helplines, online resources, peer support, and creating a positive learning environment, focusing on self-care, healthy lifestyles, and proactive help-seeking without stigma. The core principles involve active listening, role modeling healthy behaviors, maintaining routines, educating on mental health, and providing accessible counseling.

Key Guidelines & Principles:

- **For Students:** Prioritize self-care (sleep, exercise, healthy diet), connect with trusted people, learn new skills, acknowledge feelings, use healthy coping mechanisms, and utilize the Manodarpan helpline (8448440632) for support.
- **For Parents:** Actively listen to children, manage your own stress to be a role model, maintain healthy routines, provide authentic information, and encourage help-seeking.
- **For Teachers/Faculty:** Offer regular mentoring, create COVID-19 help groups, share practical tips, maintain your own well-being, build supportive connections, and empower students to seek help without stigma.
- **For Institutions:** Set up helplines, use digital platforms for mentoring, share resources from MoHFW, and promote a culture of mental health awareness and support.

Focus Areas:

- **Prevention:** Creating safe environments and teaching resilience.
- **Intervention:** Providing tele-counseling and support during crises.
- **Resources:** Utilizing online advisories, videos, FAQs, and a national counselor database.

Underlying Philosophy:

- Holistic and collaborative approach involving the entire college community.
- Promoting self-awareness, positive communication, and healthy lifestyle choices.
- Integrating mental well-being into the core of the educational process for long-term resilience.

ANNEXURE - II

The **UMMEED** draft guidelines, released by India's Ministry of Education, provide a **framework for schools** to prevent student suicides by focusing on mental health, using the acronym Understand, Motivate, Manage, Empathize, Empower, Develop; they emphasize creating a supportive environment with School Wellness Teams (SWTs), training staff, identifying at-risk students, and fostering collaboration between schools, parents, and the community for early intervention and to destigmatize mental health issues.

These draft guidelines shall be taken in context to colleges for reference by colleges of MAFSU.

Key Components of UMMEED:

- **Understand, Motivate, Manage, Empathize, Empower, Develop (UMMEED):**

The core philosophy focuses on building sensitivity, providing support, and equipping stakeholders with tools for mental well-being.

- **School Wellness Teams (SWT):**

Formation of these teams within schools to identify vulnerable students, provide immediate support, and manage crisis situations.

- **Whole School Approach:**

Involves all stakeholders—teachers, staff, students, and parents—to create a nurturing environment.

- **Capacity Building:**

Regular training for teachers and staff on mental health awareness and crisis response.

- **Partnership with Parents & Community:**

Fostering stronger school-family-community links to create a wider safety net.

- **Proactive Measures:**

Encouraging open communication, reducing stigma, and promoting help-seeking behaviors.

Context & Significance:

- **Response to Crisis:**

Developed in response to rising student self-harm and suicide rates, particularly in competitive academic settings.

- **Supreme Court Mandate:**

The guidelines were released following a Supreme Court directive for uniform mental health policies in educational institutions, alongside initiatives like Manodarpan.

ANNEXURE - III

The **National Suicide Prevention Strategy (NSPS)** is an initiative by the Indian Ministry of Health and Family Welfare (MoHFW) launched in November 2022. It is the country's first national policy document focused on suicide prevention as a public health priority, with the goal of **reducing suicide mortality by 10% by 2030**.

Key Objectives

The strategy is a multisectoral plan with time-bound objectives, leveraging existing healthcare infrastructure like the District Mental Health Programme (DMHP) and the National Tele Mental Health Programme (Tele-MANAS).

- **Establish effective surveillance mechanisms** for suicide data collection within three years (by 2025).
- **Establish psychiatric outpatient departments** providing suicide prevention services in all districts within five years (by 2027).
- **Integrate a mental well-being curriculum** into all educational institutions within eight years (by 2030).
- **Develop guidelines for responsible media reporting** of suicides and restrict access to common means of suicide (e.g., highly hazardous pesticides).

Core Action Areas

The NSPS follows the World Health Organization's (WHO) "LIVE LIFE" approach and focuses on a comprehensive, public health approach:

- **Limiting access to means of suicide:** This includes actions such as phasing out highly toxic agricultural pesticides and promoting safer storage options.
- **Interacting with the media:** Developing and enforcing guidelines for responsible media reporting to prevent "copycat" suicides and promote help-seeking behavior.
- **Fostering socio-emotional life skills:** Integrating mental health and life skills training into school and college curricula to build resilience in young people.
- **Early identification, assessment, and management:** Training healthcare professionals, frontline workers (like ASHA and Anganwadi workers), and community volunteers in identifying and supporting individuals at risk, including those who have previously attempted suicide and those bereaved by suicide (postvention).

- **Strengthening data and research:** Improving the quality and timeliness of suicide surveillance data beyond police records to better inform future interventions.

The strategy emphasizes a collaborative effort involving various stakeholders, including government ministries, professional bodies, NGOs, community groups, and individuals with lived experiences, to address the complex biological, psychosocial, and cultural risk factors associated with suicide in India.

Tele MANAS is a comprehensive mental health care service

Dial the Toll-Free numbers below to get in touch with our Counsellor

 14416

OR

 1-800 891 4416

Access mental health resources and support through the Mobile App

 Get it on Google Play

OR

 Get it on App Store