



Student Mental Health

JAYPEE
EDUSPHERE
IGNITED MINDS
INSPIRED SOULS

Aspects



JUIT INITIATIVES

- 24/7 OFFLINE STUDENT COUNSELLOR: MS. AMAN
- OFFLINE STUDENT COUNSELLOR: DR. SHALINI DHADHWAL (VISIT THRICE A WEEK AT JUIT)
- ONLINE SUPPORT VIA YOURDOST ([HTTPS://YOURDOST.COM/](https://yourdost.com/))
- STUDENT BUDDY SYSTEM
- STUDENT COUNSELLING CENTRE
- HOLISTIC WELLNESS IS PROMOTED THROUGH YOGA SESSIONS AND REPRODUCTIVE HEALTH RESOURCES AND WORKSHOPS.

HELPLINE NO'S :

INHOUSE(JUIT)

MS. AMAN : 9812929967
DR. SHALINI DHADHWAL: 9418458460

EXTERNAL (GOVT.)

- NATIONAL TOLL-FREE HELPLINE : 8448440632
- TELE-MANAS : 18008914416
- TELE-MANAS : 14416

TIPS AND SUGGESTIONS

- GO WITH THE FLOW-ADAPT, GROW, AND KEEP MOVING FORWARD.
- DEVELOP UNDERSTANDING CAPACITY
- CONNECT WITH NATURE
- CONNECT WITH SPIRITUALITY
- CONNECT WITH BUDDY
- MEDITATION / DANCE THERAPY



GOVERNMENT INITIATIVES

- UNDERSTAND, MOTIVATE, MANAGE, EMPATHIZE, EMPOWER, DEVELOP (UMMEED)
- NATIONAL TELE-MENTAL HEALTH PROGRAMME OF INDIA
- MANODARPAN
- NATIONAL SUICIDE PREVENTION STRATEGY
- NATIONAL TELE-MENTAL HEALTH PROGRAMME (TELE MANAS)

