



**JAYPEE UNIVERSITY OF INFORMATION
TECHNOLOGY**
WAKNAGHAT, P.O. – WAKNAGHAT,
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)
PIN – 173234 (INDIA) Phone Number- +91-1792-257999
(Established by H.P. State Legislature vide Act No. 14 of 2002)



MENTAL HEALTH POLICY, JUIT

Vision: The vision of the Mental Health Policy is to promote mental health, prevent mental illness, enable recovery from mental illness, and ensure socio-economic inclusion of persons affected by mental illness by providing accessible, affordable and quality health and social care to all persons throughout their life span within a rights-based framework.

Mission: This policy affirms JUIT's commitment to promoting mental health, emotional resilience, and overall well-being for all stakeholders. It ensures that support systems are accessible, confidential, and stigma-free, in line with the **Mental Healthcare Act, 2017** and the **Supreme Court guidelines for educational institutions**.

Objectives: The JUIT has launched the program with the following objectives:

- i. to make sure that everyone can get basic mental healthcare when they need it.
- ii. to use what we know about mental health to improve everyday healthcare and to support overall social well-being.
- iii. to involve communities in shaping mental health services and encourage people to help themselves and each other.

Prevention & Awareness

- i. Regular workshops on stress management, resilience, and positive coping strategies.
- ii. Anti-bullying and anti-ragging initiatives with zero tolerance for harassment.
- iii. Annual mental health awareness campaigns and wellbeing fairs.

Crisis Response

- i. Immediate referral to the Dean of Students/Chief Warden and Health Centre for high-risk situations.
- ii. Suicide prevention protocols, including hotline referrals and peer intervention training.



**JAYPEE UNIVERSITY OF INFORMATION
TECHNOLOGY**
WAKNAGHAT, P.O. – WAKNAGHAT,
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)
PIN – 173234 (INDIA) Phone Number- +91-1792-257999
(Established by H.P. State Legislature vide Act No. 14 of 2002)



- iii. Collaboration with local hospitals and emergency services when necessary.

Support Services at JUIT

- i. **Student Counselling Centre:** The reporting box is located near the library.
- ii. **On-campus Counsellor:** 24/7 offline student professional psychological counsellor.
- iii. **Student Psychological Counsellor:** Visit from a professional clinical psychologist thrice a week.
- iv. **Medical & Wellness Facilities:** 24/7 health centre, yoga sessions, and wellbeing workshops.
- v. **Faculty Mentorship:** Academic and emotional support via departmental mentors.
- vi. **Online Counselling (YourDost):** 24/7 confidential access for students, faculty, and staff.

The policy will be reviewed annually to assess effectiveness and incorporate new research or guidelines. Feedback will be gathered from the community to ensure relevance and impact. The program is committed to safeguarding the confidentiality and privacy of all individuals who seek support.