

## **MENTAL HEALTH SUPPORT**

### **Our Commitment**

We promote a safe, supportive environment where students can access timely, confidential mental health care.

### **When to Seek Help**

- Feeling overwhelmed, anxious, or persistently sad
- Sudden changes in mood, sleep, or academic performance
- Thoughts of self-harm or harm to others
- Substance misuse or emotional crisis

### **What To Do**

#### **1. Non-Emergency Support**

##### **Counseling Services**

- Walk-in hours: 9 a.m. to 5 p.m.
- Email : [psycounsellor@jagannath.org](mailto:psycounsellor@jagannath.org)
- Registration form link :- <https://forms.gle/wVSkewAYgFxi9ss89>

#### **2. If You're Concerned About Someone**

- Talk to them with care
- Encourage them to contact Counseling Services
- If safety is uncertain → follow emergency steps below

#### **3. Emergency Protocol**

##### **Call immediately if someone is at risk of harm.**

- **Campus Emergency Number:** 011-40619300/ 337
- **Counseling / Mental Health Services:** 0114061933/399
- **Local Hospital / Emergency Department:** Fortis Vasant Kunj Hospital — contact 4277-6222
- **National/Local Suicide Helpline:** National Mental Health Helpline (Govt) — KIRAN Helpline- 1800-599-0019

## **Immediate Referral Protocol for Mental Health Emergencies**

**Mental health emergencies** in a college are situations where a person's/ student's thoughts, emotions, or behaviors indicate an immediate risk to their own safety or the safety of others. These may include severe anxiety or panic attacks, suicidal thoughts or actions, self-harm, extreme emotional distress, sudden withdrawal, or loss of touch with reality. Such situations require prompt attention, support, and professional help. Students are encouraged to seek help immediately from the college counseling cell, faculty members, or emergency services without hesitation.

### **1. Purpose**

To ensure that all staff and students know exactly what to do when someone is experiencing a mental health crisis, including how to refer them immediately to mental health services, local hospitals, or suicide helplines.

### **2. When This Protocol Applies - these are to be followed in case the person**

- Talks about suicide or self-harm
- Threatens harm to others
- Shows severe distress, confusion, or disorientation
- Appears unable to care for themselves
- Is experiencing a mental health or substance-related emergency

### **3. Immediate Actions**

1. **Stay calm and stay with the person** (if safe).

2. **Assess immediate safety:**

- Is there risk of harm to themselves or others?

**After the situation is safe**, notify the appropriate college office (Counseling Services, Student Affairs, etc.).

### **4. Key Contacts : Call following emergency services when necessary.**

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- **Counseling / Mental Health Services:** 0114061933/399
- **Local Hospital / Emergency Department:** Fortis Vasant Kunj Hospital — contact 4277-6222
- **National/Local Suicide Helpline:** National Mental Health Helpline (Govt) — KIRAN Helpline- 1800-599-0019