

Enhancing mental health support in educational settings through collaboration and leadership

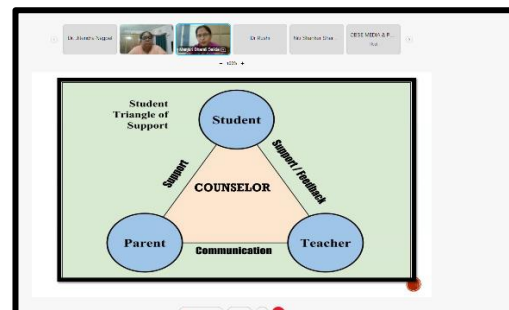
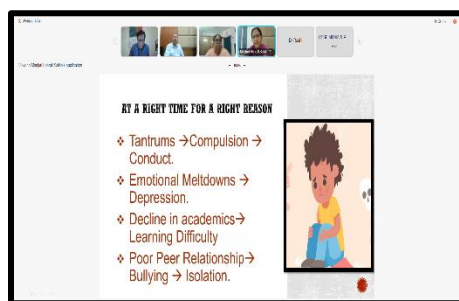
Attendees: PRE –PRIMARY TEACHERS and HEADMISTRESS (Ms.VijayaDurga)

Resource person: CBSE BOARD Date: 4-10-24

Time: 3:00-4:30PM

An amazing workshop was conducted by cbse board on the ‘national counselors’ conclave on “shaping the landscape of well-being in schools. The workshop is about the effort to promote mental health awareness and support within school communities across the country. Fostering emotional resilience and adjustment through collaboration between teachers, counselors and families. It also aims to empower school leaders and counsellors to address student’s psychological needs effectively. By enhancing professional skills through training, development, and the exchange of best practices by educating students, teachers, and parents about mental health. CBSE has empaneled counselors to provide free online counseling to students. Training for teachers to identify and support students with psychological challenges. Incorporated in curriculum to promote self-awareness and emotional regulation. The Mental Health Concerns are

Anxiety, Depression, Stress, Trauma, and Substance abuse, Eating disorders, Bipolar disorder, Schizophrenia, ADHD, Self-harm.



The session was concluded by saying about the mental health of students and to take initiatives like

- Empaneled counselors provide free online counseling.
- Training teachers to identify and support students with psychological challenges.

- Integrated program promoting emotional intelligence, coping skills, and resilience.
- Mental Health Education also included in Health and Physical Education curriculum.

Strategies for Mental Health and Well-Being:

- Mindfulness practices
- Exercise and physical activity
- Social connections and support
- Healthy sleep habits
- Balanced nutrition
- Relaxation techniques (meditation, yoga)
- Journaling and self-expression
- Seeking professional help

And how parent's teacher's counselors need to take part to make a happy environment.

