

## Access to Mental Health Support

B.S. Abdur Rahman Crescent Institute of Science and Technology recognizes the critical importance of mental health and provides comprehensive support services for both students and staff.

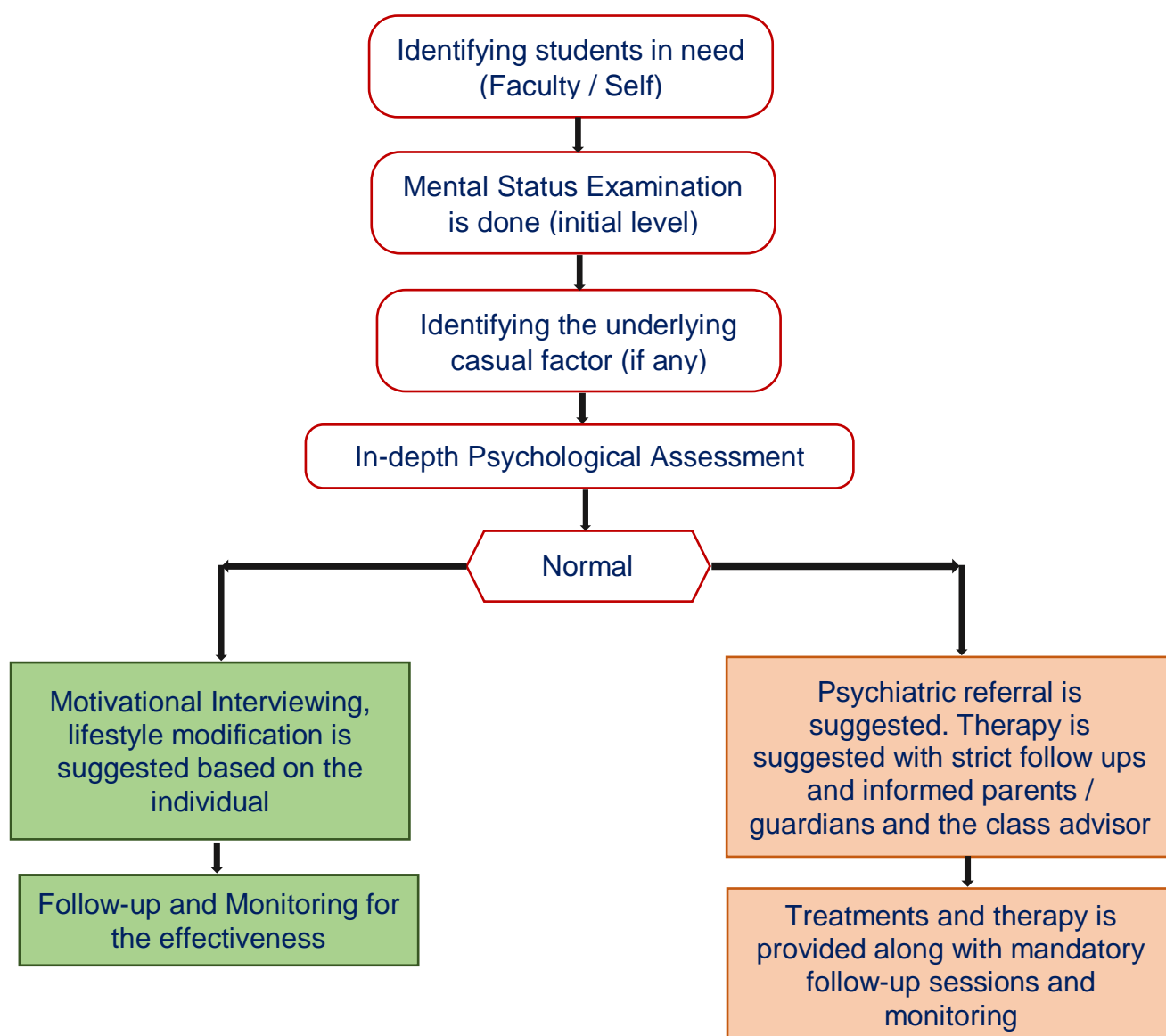
<https://crescent.education/crescent-professional-counseling-centre-centers/>

### Counselling Objectives and Responsibilities

The Crescent Counseling Center aims to address the growing mental health concerns among students that can affect academic performance and overall well-being. Key objectives include:

- **Assessment and Guidance:** Evaluate students' mental health and provide guidance while fostering mutual understanding between students and faculty.
  - **Support for Personal Challenges:** Assist students in planning and addressing their challenges, enhancing decision-making and problem-solving skills.
  - **Building Self-Esteem:** Help students recognize their strengths and develop social skills to navigate personal and academic pressures.
1. Offering individual and group counselling to students dealing with various issues such as stress, anxiety, depression, relationship problems, academic concerns, and personal crises.
  2. Maintaining confidentiality and privacy of client information to create a safe and trusted environment.
  3. Offering immediate support and intervention in crisis situations, including cases of self-harm, suicidal ideation, or acute psychological distress.
  4. Working with campus security and local health services to ensure the safety and well-being of students in emergencies.
  5. Organizing workshops and seminars on topics like stress management, time management, coping strategies, and self-care to promote mental health awareness.
  6. Fostering life skills development to enhance students' emotional resilience and personal growth.
  7. Conducting mental health awareness campaigns to reduce the stigma around mental illness and encourage students to seek help when needed.
  8. Referring students to specialized mental health professionals (psychiatrists, psychologists) when necessary for further treatment or medication management.
  9. Offering consultation services to faculty and staff regarding student behavior, classroom dynamics, and how to support students experiencing emotional or psychological difficulties.

10. Providing faculty and staff with strategies for maintaining their own mental health and well-being.



*Fig:1 Process of Psychological/Professional counselling*

### **Mental Health Support Services**

The counseling body consists of qualified professionals experienced in mental and behavioral health. Services include:

- **Awareness Initiatives:** Increase student awareness of mental health issues and available support services.
- **Screenings and Workshops:** Conduct periodic mental health screenings and workshops on relevant topics.
- **Individual Counseling:** Provide face-to-face counseling and therapy as needed, with referrals to psychiatrists when necessary.
- **Career Guidance:** Offer career counseling and regular follow-ups to monitor student progress.

## Psychological Intervention and Counseling Consent Form

The Crescent Counseling Centre is a licensed facility staffed by experienced psychologists specializing in various psychological diagnoses, assessments, and therapeutic counseling processes. We value our relationships with students and clients, believing that these connections are essential to the healing process. Recognizing that each individual is unique, we focus on a wellness model that empowers clients by emphasizing personalized approaches rather than generic treatment procedures.

### Client Rights

Clients have the right to:

- Ask questions about the therapy process and expected outcomes.
- Decline specific therapeutic techniques proposed by the therapist.
- Cease therapy at any time without repercussions and return whenever they choose.
- Review the records maintained by the therapist.
- Expect confidentiality: All records and information will be kept strictly confidential and shared only with prior written consent, except in emergencies where information may be disclosed to relevant authorities.

Clients may raise concerns or discuss issues with their therapist whenever necessary.

### Consolidated report of Mental Health Support for Both Staff and Students log records for 2022-23, 2023-24

Activities	2022	2023	2024
	Jan - Dec	Jan - Dec	Jan - Dec
No. of Students attended individual counselling	34	12	60
Group Counselling (Stress management, suicide prevention and substance abuse awareness, Cyber harassment, women empowerment and relationship dynamics and mental health)	170	150	200
No. of faculty members / Research Scholars / Non-Teaching Staff attended individual counselling	2	23	33
Orientation program	2	2	2
Therapy Session	5	8	4

- The mental status examination will be done, indepth history taking and analysis will be done. Continuous monitoring of the students and behaviour observation will be made.
- Family members and parents of the vulnerable students and staffs were counselled

### **Mental Health Support for Both Staff and Students Education Initiatives:**

The institute actively promotes Mental Health Support for Both Staff and Students initiatives, including:

Crescent professional counselling centre conducted a seminar on “Mental health and wellness” for final year Life sciences students of B S Abdur Rahman Crescent Institute of science and technology on 22.03.2024. Ms. Muthulakshmi, Student Psychologist BSACIST conducted the sessions focused on the non-traditional way of creating awareness of adolescent’s psychological health, behavioural response and discussions of psychological wound addressal and mindfulness in an interactive way. Few photographs are attached below for the reference.



Mental health importance orientation for School of Life Sciences

Orientation for B.Tech first year students on 24.07.2024. This enlightening session provided students with an in-depth understanding of mental health, underscoring its pivotal role in achieving academic excellence and maintaining personal well-being. Participants were given a detailed overview of the university’s counselling and guidance centre including its comprehensive range of services, strict confidentiality policies, and easy access procedures. By fostering an environment of support and awareness, this orientation aimed to empower students to prioritize their mental health and utilize available resources to confidently navigate university life.



Adolescents mental health education for B.Tech Freshers

Gave a guest lecture on “Importance of the awareness of child abuse and child maltreatment prevention programs” on 11.08.2024 (Sunday) for faculties and BDS students at Thai Moogambikai Dental College, Chennai.



On 25.09.2024 we conducted a special lecture on the topic “Prevention of Suicide among Youths” on the account of World Suicide Prevention Day. Crescent professional counselling centre along with School of Social Sciences & Humanities and NSS of our institute organised this lecture for all first-year students.

Dr. V. Jayanthini M.B.B.S, M.D, D.P.M Child & Adolescent Psychiatrist was invited to deliver the special lecture. The event took place in the Convention Centre, BSACIST at 11.50 am. Dr. Ayub Khan Dawood, Dean SSSH delivered the Welcome address. Presidential address was delivered by Dr. N. Raja Hussain, Registrar BSACIST.

The guest speaker addressed the importance of Adolescence mental health conditions and its risk factors. She made the audience understand its importance with real life incidents. She also addressed the need for peer support, parental and institutional intervention and awareness for effective handling of mental health issues in the current world. Dr. S. Muthulakshmi, Student psychologist BSACIST delivered the Vote of Thanks.



### Suicide Prevention Program

Around 60 students, faculties, research scholars and non-teaching staffs have taken psychological support from the start of this year (individual sessions and group sessions). And nearly 30 of them are in regular follow up. (Individual details are not given for confidentiality purposes and it is documented at the counselling centre)