



CHAS COLLEGE, CHAS

(A Constituent Unit of Binod Bihari Mahto Koyalanchal University, Dhanbad)

NAAC ACCREDITED GRADE "B"

P. O. - Kura, Chas, Dist.- Bokaro, (Jharkhand), 827013

Ref: C.C./G./1066/2026

Date: 01/04/2026

MENTAL HEALTH POLICY

(Based on UMMEED, Manodarpan, and National Suicide Prevention Strategy)

1. Preamble

Chas College, Chas recognizes that mental health is essential for academic success, personal development, and overall well-being of students, faculty, and staff. Increasing academic pressure, career uncertainty, social challenges, and personal issues make it necessary for the institution to adopt a structured Mental Health Policy.

The policy aims to create a safe, supportive, inclusive, and stigma-free campus environment.

2. Vision

To create a mentally healthy campus that promotes emotional well-being, resilience, and early support for all members of Chas College.

3. Objectives

1. To promote mental health, emotional well-being, and reduce stigma among students.
2. To ensure early identification and timely intervention for mental health concerns, including prevention of self-harm and suicide.
3. To establish accessible counseling, support, and crisis management services within the institution.
4. To train faculty and staff in psychological first aid to effectively support students in distress.
5. To develop referral linkages with mental health professionals while ensuring confidentiality and student safety.

4. Scope

This policy applies to:

Undergraduate students, Teaching staff, Non-teaching staff, Hostel residents, Contractual employees

5. Guiding Principles

Student-centered approach, Early identification and intervention, Non-discrimination, Confidentiality and privacy, Crisis response and safety planning, Multi-level support system, Community and peer involvement, Evidence-based practices

6. Institutional Mental Health Committee

Chas College shall constitute a "Mental Health and Well-being Committee" comprising:



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Chairperson: Principal

Coordinator: Senior faculty member

Member (Counsellor): Faculty member/Psychologist

Members: One faculty member each from all faculties

Member: Hostel warden

Medical officer (local): Psychiatrist/Mental health professional

Student Representative: One from each faculty

Responsibilities of the Committee:

To implement mental health policy, To monitor student well-being, To organize mental health awareness programs, To review crisis cases, To maintain referral networks

7. Mental Health Promotion Activities

Awareness Programs: Mental health awareness week, stress and exam anxiety management sessions, Life skills education, Anti-bullying campaigns

Life Skills Training: Development of emotional regulation, decision-making, communication, conflict resolution, resilience, and digital well-being skills.

8. Counseling Services

Chas College will provide: An on-campus counseling facility, appointment-based sessions, online counseling support (when needed), and peer support volunteers.

9. Suicide Prevention Framework

Aligned with the National Suicide Prevention Strategy, the college will identify at-risk students through indicators such as withdrawal, academic decline, hopelessness, self-harm behavior, social isolation, emotional distress, and excessive digital media use, while providing training to teachers, hostel wardens, student leaders, and NSS volunteers in psychological first aid, active listening, referral procedures, and effective crisis response.

10. Crisis Intervention Protocol

If a student is at risk:

Step 1: Identify and Assess the Crisis

Step 2: Ensure Immediate Safety

Step 3: Provide Psychological First Aid



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Step 4: Refer and Activate Support Systems

Step 5: Follow-up and Documentation

11. Peer Support System

A **Peer Support System** is a structured approach in which trained students (peer volunteers) provide emotional, social, and basic psychological support to fellow students in a safe and confidential environment.

12. Faculty and Staff Training

Six monthly training will include:

- Awareness of common mental health issues and warning signs
- Training in psychological first aid and active listening
- Identifying at-risk students and providing initial support
- Knowledge of referral procedures and crisis response
- Promoting a supportive, empathetic, and stigma-free environment

13. Anti-Stigma and Inclusive Environment

Chas College will ensure:

- Awareness campaigns to reduce myths and misconceptions about mental illness
- Encouraging open discussions and help-seeking behavior
- Promoting respect, empathy, and diversity among students and staff
- Implementing policies that ensure equality, confidentiality, and non-discrimination
- Supporting vulnerable and marginalized groups

14. Confidentiality Policy

- Protection of personal information and counseling records
- Sharing of information only with informed consent
- Limited disclosure in cases of risk to self or others
- Secure storage and handling of data
- Adherence to ethical and legal standards

15. Referral Network

The college will maintain linkages with:

- Government hospital mental health unit
- Local psychiatrist/psychologist
- Tele-mental health services
- District mental health program



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➤ Emergency services

16. Student Support during Exams

- Exam stress counseling
- Flexible support for distressed students
- Remedial classes
- Academic mentoring
- Relaxation sessions

17. Monitoring and Evaluation

The committee will:

- Conduct annual mental health survey
- Review counseling cases (confidentially)
- Collect student feedback
- Prepare annual mental health report
- Update policy regularly

18. Conclusion

Chas College, Chas commits to promoting mental well-being, preventing suicide, and creating a supportive academic environment. Through awareness, counseling, early intervention, and collaboration, the institution aims to ensure that every student feels safe, supported, and empowered.

☎ National Suicide Prevention / Mental Health Helplines (Jharkhand)

CHIKITSA SALAH: Helpline (24x7): 104, TeleMANAS 18008914416 / 14416

KIRAN (24x7): 1800-599-0019, MANODARPAN (students): 844-844-0632

JEEVAN SUICIDE PREVENTION: Helpline - Daily (10 am – 6 pm): 0657 6453841, 0657 6555555, 9297777499/ 9297777500, 9955435500

Sharma Singh
01/04/26
Prof-in-Charge
(Academics & Student Welfare)



Sharma
01.04.26
Principal
Principal
CHAS COLLEGE CHAS
BOKARO