



MONAD UNIVERSITY, HAPUR

Policy on Student Mental Health Support and Suicide Prevention

1. Preamble

Monad University is committed to safeguarding the mental health and well-being of its students by fostering a safe, supportive, and inclusive environment. This policy has been framed in line with the guidelines of the Ministry of Education, Government of India, and the University Grants Commission (UGC) to prevent student suicides, strengthen mental health support systems, and promote resilience.

2. Objectives

- 2.1 To establish clear preventive measures for suicide within the University community.
- 2.2 To provide accessible, confidential, and professional mental health support services.
- 2.3 To train faculty, staff, and students to identify early warning signs and respond effectively.
- 2.4 To reduce stigma around mental health issues and promote help-seeking behavior.

3. Scope

This policy applies to all students, faculty members, non-teaching staff, and administrative personnel of Monad University.

4. Preventive Measures for Suicide

4.1 Institutional Policies and Protocols

- 4.1.1 Adoption of a Zero Tolerance Policy towards any form of harassment, ragging, or discrimination.
- 4.1.2 Implementation of a Student Mental Health and Suicide Prevention Protocol for early intervention.
- 4.1.3 Creation of a Suicide Prevention Task Force (SPTF) consisting of counsellors, faculty mentors, student representatives, and administrative officers.

4.2 Helpline and Peer Support

- 4.2.1** Development of a Peer Support Network where trained student volunteers act as ‘Well-being Ambassadors’.
- 4.2.3** Provision of an anonymous online reporting system for mental health concerns or distress indicators.

4.3 Training and Sensitization Programs

- 4.3.1** Annual workshops on suicide prevention, emotional resilience, and stress management.
- 4.3.2** Awareness campaigns during orientation and through regular student engagement activities.
- 4.3.3** Mandatory Mental Health First Aid Training for faculty, hostel wardens, and student leaders.

5. Mental Health Support Systems

5.1 Professional Counselling Services

- 5.1.1** In-house Student Counselling Centre with qualified mental health professionals.
- 5.1.2** Collaboration with licensed psychologists, psychiatrists, and NGOs for specialized care.
- 5.1.3** Provision for tele-counselling and e-therapy services for remote or hesitant students.

5.2 Collaborations

- 5.2.1** Partnerships with local hospitals for psychiatric emergencies.
- 5.2.2** MoUs with reputed mental health organizations for training, counselling, and emergency support.

5.3 Initiatives for Well-being and Stress Management

- 5.3.1** Regular wellness programs, yoga, meditation, and mindfulness sessions.
- 5.3.2** Organizing resilience-building workshops before and during examination periods.
- 5.3.3** Integration of life skills and emotional intelligence modules into co-curricular activities.

6. Implementation & Monitoring

- 6.1.1** One officer of the university will oversee policy implementation
- 6.1.2** The Suicide Prevention Task Force will review cases, track high-risk indicators, and report quarterly to the Vice Chancellor.
- 6.1.3** Annual Mental Health Audit to assess effectiveness and recommend improvements.

7. Confidentiality and Non-Discrimination

All information shared by students in counselling or through helplines will remain confidential. No student will be discriminated against for seeking mental health support.

8. Review of Policy

This policy will be reviewed annually or as required, based on new research, national guidelines, or institutional needs.