

## **Mental Wellness Policy**

- Special cases of Engraved psychotically problems needs to be identified and referred to college counselor.
- In general, the following are some warning indicators to watch out for: - significant changes in behavior, mood, weight gain or loss, deterioration in personal cleanliness; - physical indications like wounds, burns, or an extreme lack of energy; - excessive and frequent drunkenness- notable alterations to attendance patterns - a marked decline in academic achievement
- Counselor after thorough investigation can decide upon counseling sessions based on psychometric tests and in some cases therapy sessions can be provided to students.
- Continuous follow up and track record of counselees need to be kept by Counselor and intimated to teachers and principal.
- Counseling report has to be kept confidential.