

Government of Assam
OFFICE OF THE PRINCIPAL-CUM-CHIEF SUPERINTENDENT
Barpeta Medical College & Hospital, Barpeta, Assam
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Student Mental Health Policy

1. Purpose

Barpeta Medical College is committed to promoting the mental well-being of all students by providing a safe, supportive, and stigma-free environment. The College aims to prevent mental health problems, encourage early help-seeking, and ensure timely support for students in need.

2. Objectives

The College shall:

- Promote positive mental health.
- Create awareness about mental health issues.
- Provide confidential counselling services.
- Ensure timely psychiatric referral when required.
- Prevent suicide and self-harm.
- Reduce stigma related to mental illness.

3. Scope

This policy applies to:

- MBBS Students
- Interns
- Postgraduate Students
- Hostel Residents
- Day Scholars

4. Student Mental Health Committee

The Principal shall constitute a Student Mental Health Committee comprising representatives from:

- Administration
- Department of Psychiatry
- Faculty Members
- Hostel Wardens
- Student Welfare Officer
- Counsellor/Psychologist
- Student Representatives

The Committee shall meet at least twice a year.

5. Mental Health Promotion

The College, through the Department of Psychiatry, shall regularly organize mental health awareness programmes in collaboration with the **District Mental Health Programme (DMHP), Barpeta**.

Activities may include:

- Student orientation
- Stress management sessions
- Suicide prevention awareness
- Examination anxiety management
- Life skills and resilience training
- Peer support programmes

6. Counselling Services

Students may seek counselling voluntarily or may be referred by faculty members or hostel wardens.

All counselling services shall be confidential.

7. Identification and Referral

Faculty members, wardens and students are encouraged to identify students showing signs of emotional distress and refer them promptly to the Department of Psychiatry.

Students with suicidal thoughts or self-harm behaviour shall undergo assessment using the **Columbia–Suicide Severity Rating Scale (C-SSRS)** and receive appropriate psychiatric care.

8. Crisis Management

In case of a mental health emergency:

- Ensure the student's immediate safety.
- Inform the Department of Psychiatry.
- Arrange emergency medical care if required.
- Inform the Principal and parents/guardians, where appropriate.
- Maintain proper documentation and follow-up.

9. Confidentiality

All counselling and psychiatric records shall remain confidential and shall only be disclosed as required by law or when necessary to protect the safety of the student or others.

10. Responsibilities

Department of Psychiatry

- Provide counselling and psychiatric care.
- Conduct suicide risk assessment using the C-SSRS.
- Arrange treatment and follow-up.

Faculty Members

- Identify students in distress.
- Encourage help-seeking.
- Refer students promptly.

Hostel Wardens

- Monitor student well-being.
- Facilitate timely referral and support.

Students

- Seek help when needed.
- Support fellow students responsibly.
- Participate in wellness activities.

11. Training

The College shall conduct regular training programmes for faculty, hostel wardens, staff and student mentors on:

- Mental health awareness
- Suicide prevention
- Crisis response
- Psychological first aid

12. Monitoring and Review

The Student Mental Health Committee shall review the implementation of this policy annually and recommend improvements whenever necessary.