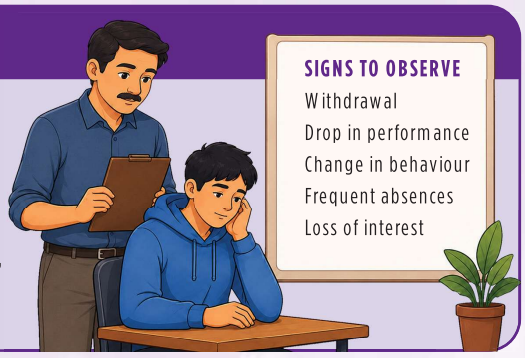
1. IDENTIFICATION OF SIGNS

WHAT TO DO

- ✓ Observe changes in behaviour over time
- ✓ Consider socio-cultural and linguistic context
- ✓ Use multiple points of interaction (classroom, mentoring, peer feedback)



2. INITIAL RESPONSE

WHAT TO DO

- ✓ Approach privately and respectfully
- ✓ Communicate clearly and empathetically
- ✓ Allow time for expression, encourage help-seeking through MHWBC



3. PROFESSIONAL SUPPORT & REFERRAL

WHAT TO DO

- ✓ Ensure accessible, inclusive support services
- ✓ Facilitate timely referral to MHPs or hospitals
- ✓ Support students facing financial/social barriers



4. CRISIS RESPONSE

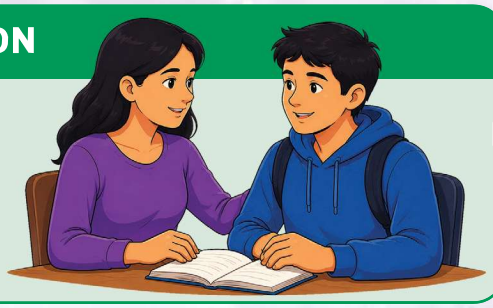
WHAT TO DO

- ✓ Treat all cases as urgent
- ✓ Ensure student safety and supervision
- ✓ Inform authorities
- ✓ Involve family/support systems if needed
- **Contact TeleMANAS: 14416 / 1800-89-14416**
- **Anti-Ragging Helpline (Odisha): 1800-345-4401**
- **Women's Helpline (Odisha): 181**
- **Cybercrime helpline: 1930**



5. POST-CRISIS REINTEGRATION

- ✓ Provide follow-up counseling
- ✓ Develop flexible reintegration plans
- ✓ Ensure mentorship and continued monitoring



WHAT TO DO



Give them your full attention. Let them express their feelings without interruption.



Let them know they are not alone and that their feelings are valid.



Suggest talking to a counselor, mentor, or trusted adult. Offer to help them access support.



Keep their confidence and only share if there is a risk of harm.



Continue to check in with them and show ongoing support.

WHAT NOT TO DO



Avoid phrases like “You’re overreacting” or “It’s not a big deal.” This can make them feel worse.



Avoid minimizing their feelings by saying “Everyone feels this way.” Their experience is real and important.



Avoid saying “Just cheer up” or “Think positive”. It can pressure them to hide their feelings.



Avoid sharing their disclosures with others without their permission.



Avoid turning away or pretending not to notice. It can make them feel invisible and alone.