



A.M.P. Law College Rajkot

(NAAC Accredited)

Dr. Homi Dastur Marg, Opp. DH College Campus,
Near Dr. Yagnik Road, Rajkot – 360001



Phone : (0281) 2465523 Email : amplawcollege@gmail.com Web : www.amplc.ac.in

A.M. P. Law College Rajkot Mental Health Policy

Introduction

AMP Law College Rajkot is committed to creating a supportive and inclusive environment for all students, faculty, and staff. As part of our dedication to fostering mental well-being, we have developed this Mental Health Policy in alignment with the **National Suicide Prevention Strategy** to raise awareness, provide resources, and offer support for those struggling with mental health challenges.

We recognize that mental health is a critical aspect of a student's academic success and personal development. We are committed to reducing stigma, providing timely interventions, and ensuring that every member of our college community feels valued, understood, and supported.

1. Purpose of the Policy

The purpose of this policy is to:

- Promote mental health awareness across the campus community.
- Identify and support individuals at risk of self-harm or suicide.
- Provide clear guidelines for intervention and referral.
- Ensure confidentiality and respect for individuals seeking help.
- Align with the **National Suicide Prevention Strategy** to create a safer environment for all students.

2. Mental Health Support Services

AMP Law College Rajkot provides several mental health resources to support students, faculty, and staff:

a. Counseling Services:

- The college has a **Student Wellness Center**, which offers confidential individual and group counseling services for students experiencing emotional distress, anxiety, depression, or any other mental health issue.

Counseling Services Contact: Dr. Prakash Kagda: 9879351823

Dr. Krupa Pandya: 9429158768

b. Peer Support Program:

We encourage peer support networks where students can confide in trusted peers who are trained to offer emotional support and direct individuals to professional services when necessary.

c. Crisis Intervention:**Crisis Helpline:****Local Helpline Number**

- Dr.Kamlesh Budhbhatti : 94272 88940
- Dr. Arundhati P. Dasani : 97127 57979
- Dr. Krupaben D. Pandya : 94291 58768
- Dr. Prakash R. Kagada : 98793 51823

National Suicide Prevention Helpline:

9152987821 (24x7 Helpline by Ministry of Health)

AASRA Foundation: 91-22-2754 6669

VISHWAS Mental Health Helpline:14416 (24/7 toll-free)

3. Suicide Prevention Strategy

In alignment with the National Suicide Prevention Strategy, AMP Law College Rajkot has adopted the following guidelines to prevent suicide:

a. Early Identification:

- Faculty and staff are encouraged to recognize signs of emotional distress or suicidal ideation in students, including significant changes in behavior, withdrawal from social interactions, and poor academic performance.
- Mandatory **mental health awareness training** for faculty and staff will be conducted annually to equip them with the tools to identify warning signs and appropriately respond.

b. Supportive Environment:

- The college will foster a culture of openness, where students feel comfortable discussing mental health issues without fear of judgment or discrimination.
- Regular mental health awareness campaigns, including workshops, seminars, and events, will be held to break the stigma surrounding mental health.

c. Accessible Help:

- A variety of accessible mental health services, including counseling, support groups, and online resources, will be made available to students and staff. All services will prioritize accessibility and confidentiality.

d. Crisis Response Plan:

- If a student is identified as being at immediate risk of suicide or severe self-harm, a **Crisis Response Team** will intervene. This team will consist of trained mental health professionals who will ensure the student receives urgent care and appropriate support.
- A clear protocol will be followed to ensure that the student is never left alone and that their family, if necessary, is informed in a compassionate manner.

4. Confidentiality and Privacy

AMP Law College Rajkot recognizes the importance of privacy and confidentiality in mental health matters. All students and staff seeking mental health services will have their information protected in accordance with **Indian Privacy Laws** and ethical guidelines. Information will only be disclosed to others if:

- The individual provides explicit consent.
- There is a legal or ethical obligation (such as risk of harm to the individual or others).
- It is necessary for the provision of ongoing support or care.

5. Promoting Mental Health Awareness

To ensure the mental health policy's effectiveness, AMP Law College Rajkot will:

- Integrate **mental health education** into the college curriculum to foster greater awareness among students.
- Organize workshops on stress management, emotional resilience, and mental well-being.
- Hold periodic seminars on suicide prevention, coping strategies, and other relevant topics.
- Provide informational materials, including posters, flyers, and online resources, to make students aware of the services available.

6. Role of Faculty and Staff

AMP Law College acknowledges that faculty and staff play a critical role in supporting the mental health of students. To support this, faculty and staff are expected to:

- Recognize early signs of distress and refer students to appropriate services.
- Create a classroom environment that is sensitive to mental health issues, promoting inclusivity and well-being.
- Engage in training programs related to mental health awareness and crisis intervention.

7. Continuous Evaluation and Improvement

AMP Law College is committed to the continuous improvement of its mental health services and policies. The following steps will be taken:

- An annual **survey** of students and staff will be conducted to gather feedback on the effectiveness of mental health services.
- The **Crisis Response Plan** and all associated policies will be reviewed annually to ensure they align with best practices and legal requirements.
- Feedback from counseling services will be incorporated into ongoing policy development.

8. Contact Information

- **Student Wellness Center:**
- **24/7 Crisis Helpline:**
- **Campus Counseling Services:**

Conclusion

AMP Law College Rajkot is committed to ensuring that all students, faculty, and staff have access to the mental health resources and support they need to thrive. By aligning our Mental Health Policy with the National Suicide Prevention Strategy, we aim to create an environment that promotes well-being, reduces stigma, and provides timely intervention to those who need it most.