

RISC Mental Health Policy

In today's competitive times, it is a struggle to keep individuals', especially students' mental health a priority. Roots International Schools & Colleges considers students' as well as faculty's mental well-being to be of paramount importance, which is why we are to do our part in creating a conducive and student friendly atmosphere on campus.

RISC's mental health policy aims to promote positive mental health and well-being among students and staff, and provide support to those who, in particular, are experiencing mental health difficulties. It should include the following key elements:

- **Promoting mental health and well-being:** The focus should be on promoting mental health and well-being among students and staff by providing education and awareness programs on topics such as stress management, healthy coping strategies, and mental health literacy.
- **Early Identification of behavioral and emotional problems:** Early Identification of behavioral and emotional problems: Students may display unusual behavior because of health problems, personal or family problems, adjustment or developmental issues (e.g. immaturity/ self-esteem issues), or general academic difficulties. In case of any such observation by teachers/staff, parents must be urgently intimated via in-person meeting and should involve the pupil, teacher and guardian.
- **Stigma reduction:** The aim should be to reduce the stigma and discrimination associated with mental health problems, by raising awareness and promoting a culture of understanding and support for mental health on campus.
- **Crisis management:** There should be certain procedures in place for managing mental health crises or emergencies, such as suicidal ideation, self-harm or severe mental health episodes. This could involve having a designated mental health team or establishing clear referral pathways to external crisis services.

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