

OBJECTIVES

1. **Mental Health Advocacy** – To advocate for adolescent wellbeing with school leadership, teachers, students, parents and government representatives by increasing mental health awareness and integrating mental health promotion, prevention and intervention in schools.
2. **Capacity building** – To train and empower school leaders, teachers and counsellors to create safe and emotionally healthy school climate, promote adolescent wellbeing and identify, support and refer adolescents at risk for or experiencing mental health concerns.
3. **Mental Health awareness and promotion** – To create awareness in schools through knowledge dissemination in the student and parent community and addressing socio-cultural stigma and discrimination.

PROGRAM DETAILS

- The program is free of cost and there are no associated registration charges.
- Program is open for schools across Mumbai and Thane districts.
- Venue for all trainings: TISS Mumbai campus



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SIMHA

School Initiative for Mental Health Advocacy

*An Initiative by the
TISS – UNFPA Centre
of Excellence on
Adolescents and Youth
(CoEAY)*



Tata Institute of
Social Sciences

SIMHA

The TISS - UNFPA CoEAY has launched a school-based mental health initiative to address the mental health needs of adolescents through advocacy, capacity-building and outreach with various stakeholders within the school.

This will be launched to mark the WHO World Health Day on April 07th 2017, the theme for which is 'Depression: Let's Talk'.

About the TISS - UNFPA CoEAY

The CoEAY is a platform which brings together various sectors, government, academia, researchers, civil society, corporates, and young people to strengthen understanding of, effective advocacy for and action on issues related to adolescents and youth. The CoEAY is currently working across four verticals related to adolescent and youth wellbeing: Sexual and Reproductive Health, Nutrition, Livelihoods and Mental Health. The CoEAY consists of a Research and Development Centre and a Youth Portal called youthinfoindia.org hosted by TISS.

TIMELINE

Step 1

Register for the program

Open till third week of April

Step 3

School Leaders' Summit

April 24th 2017 (Monday)

Step 5

Counsellor Training

April 26th 2017 (Wednesday)

Step 7

Post-intervention Survey

Step 2

Pre-intervention Survey

April 2017

Step 4

Teacher Training

April 25th 2017 (Tuesday)

Step 6

School-based activities

June-July 2017

Step 8

Higher-level Advocacy Forum

COMPONENTS

School Leaders' Summit – To advocate with school leaders for promotion of adolescent mental health and develop a plan for a safe and healthy school climate.

Teacher training – To understand adolescent mental health and build skills to respond to student concerns and initiate classroom interventions

Counsellor training – To strategize and plan mental health promotion activities with various stakeholders within the school

School based activities - Activities like movie screenings, displaying information education material, student knowledge-enhancement session or parent education sessions.

Pre-and post - intervention Survey: To assess knowledge and skills related to adolescent mental health among high school students and teachers.

Higher-level Advocacy Forum for school representatives, mental health professionals and government representatives to discuss impact of the program and future prospects for school mental health