



MENTAL HEALTH & WELLBEING RESOURCES

IN INDIA

SUPPORT AVAILABLE at BPP

Your story
makes you
stronger.

BPP University provides support for hundreds of students with a wide range of learning difficulties, disabilities and health conditions, including mental health. We provide support for all students regardless of visa status and we can offer guidance and support with applications for Disabled Students' Allowances.

Wellbeing and Mental Health

Your wellbeing is important, and we appreciate that you may just want to discuss your feelings. If you are experiencing low mood, depression, anxiety, have an existing mental health condition or just want someone to talk things through, don't hesitate to contact the Learning Support Team at learningsupport@bpp.com. We can offer our experience and support you through the challenges which university naturally presents.

Safeguarding and Prevent at BPP

If you would like to talk to us about a welfare issue that might impact on your studies, such as; abuse, online safety, radicalisation, bereavement, addiction, homelessness, please contact the Safeguarding Team on safeguarding@bpp.com or call us on **+44 (0) 7464 542**

Counselling Service

BPP also offers a free telephone and virtual counselling service to all students. Please visit the Counselling Service website: totalwellness.info and select the 'Make your Appointment' tab.

GENERAL RESOURCES TO SUPPORT Wellbeing

Connect with Nature.

Spending time outside in nature can really help clear your mind and support mental and physical wellbeing. There are some great places to connect with nature across India, check out some highlights on [National Geographics website](#). If you fancy something a little more active check out [Sport Authority of India](#) to join a new sports team.

Culture Shock

“Culture shock” describes the impact of moving from a familiar culture to one which is unfamiliar. It can affect anyone, including international students. For more information about how to spot the signs and the support available to students experiencing the effect of culture shock check out [UKCISA's guide here](#).

Keeping Physically well

It is very important that you look after your physical health as well as your mental health during your studies. One aspect of this is ensuring you are fuelling your mind and body with nutrients, check out [NHS's guide to nutrition here](#).

NHS Support

The National Health Service are here to offer you support both mentally and physically during your time as a student at BPP. Check out there guide on [student health here](#).

WELLBEING SUPPORT Helplines



NIMHANS

Website: <https://nimhans.ac.in/pssmhs-helpline/>

Contact Number: 080-46110007

NIMHANS Stands for National Institute of Mental Health and Neuro-Sciences. NIMHANS offer free psychosocial and mental health services for people experiencing stress, anxiety, fear, or emotional discomfort during the pandemic.

24/7 and toll-free to people from any part of India

BMC-Mpower 1on1

Contact Number: 1800-120-820050

Website: <https://mpowerminds.com/oneonone>

In order to deal with the mental health concerns arising out of the pandemic and subsequent lockdown, the BMC and Mpower 1 on 1, along with the Government of Maharashtra have started a helpline to give people the opportunity to connect directly with mental health professionals about any mental health related queries or concerns like Anxiety, Low Mood, Sleep Difficulties, Help in Problem Solving, Communication, Relationship issues to name a few. **24/7 and toll-free**

Sumaitri

Website: <http://sumaitri.net/>

Contact Number: 011-23389090 / 09315767849

Crisis-intervention for people experiencing low mood or suicidal thoughts run by trained volunteers

7 days a week, 2pm to 6:30pm

Sneha

Contact Number: +91 44 2464 0050

Website: <https://snehaindia.org/new/>

Email: help@snehaindia.org

Emotional support for those feeling distressed, depressed or suicidal. Stresses that they are non-judgemental and offer unconditional support

Usually 24/7 but currently operating 10am - 2pm, 7 days a week



RESOURCES

TO SUPPORT Wellbeing

TheMindClan

Website: <https://themindclan.com/>

Aim to make finding mental health support easier by offering curated lists of resources, counsellors, helplines and support groups.

“We curate inclusive and supportive resources for you can choose from to care for your mental health with ease. You have the right to find an affirmative and non-judgmental space that supports your mental health. We are here to make this process easier and less intimidating.”

Harvard T. H. Chan School of Public Health – India Research Centre

Website:

<https://www.hsph.harvard.edu/india-center/health-and-well-being-during-covid-19/>

The Harvard T.H. Chan School of Public Health India Research Center, an office of Harvard Global Research Support Centre India, opened in December 2015. Their website offers health and wellbeing advice and guidance during Covid-19 advice and is based in India

Mental Health First Aid India

Website: <https://www.mhfaindia.com/>

Mental health-centred blogs, research, and resources to educate on the importance of mental health.

They also offer training in Mental Health First Aid, their programs and courses are evidence based training, which teach mental health first aid skills to members of the public. The concept of MHFA is that people should be taught on how to perform basic ‘first aid’ for those showing signs of mental health distress, just as they are commonly taught first aid for physical conditions

The Health Collective India

Website:

<http://www.healthcollective.in/>

Conversations on mental health in India, including blogs, resources, and helpline lists.

DISABILITY

A physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.

SELF-CARE

Self-care is any deliberate activity done to take care of mental, emotional and physical health. Ranges from brushing our teeth to exercise, meditation, reflection, eating and sleeping well

MENTAL HEALTH

A persons psychological and emotional states. Realises their potential, can cope with the normal stresses of life, can work productively and fruitfully

LEARNING SUPPORT

BPP support service for students with disabilities and health conditions including mental health conditions

STRESS (EXCESSIVE/ANXIETY)

Medical or biological stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stress can cause or influence the course of many medical conditions including psychological conditions such as depression and anxiety

MINDFULNESS

Maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment, through a gentle reflection

BODY IMAGE

Body image is how we think and feel about ourselves physically. Sometimes, we worry about how we look or what our friends think about our body.

HEALTH CONDITION

A condition such as a heart condition, cancer, HIV, high blood pressure, epilepsy, MS, broken limbs, Fibromyalgia, Bronchiolitis, Bulimia. [Full list of NHS health conditions](#)

RESILIENCE

The psychological capacity to adapt to stressful circumstances and to recompose after adverse events: An ability to self-regulate, set boundaries, foster self-awareness, be accepting, look for meaning, adopt self-care habits, seek support as required.

WELFARE

A persons health, happiness and prosperity. When health and mental health are defined as good and external factors are not adversely affecting the individual

COUNSELLING

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

BURNOUT

A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

SAFEGUARDING

To protect the health, well-being and human rights of individuals, in particular young people and vulnerable adults – to live free from abuse, harm and neglect.

HIDDEN DISABILITY

Includes mental health, autism spectrum conditions, chronic fatigue, a chronic illness which 'flares up' at times and reduces at other times, or specific learning difficulties like dyslexia or ADHD

WELLBEING

A broad concept relating to the following areas in particular: physical and mental health and emotional wellness. Control by the individual over their day-to-day mental and emotional states

MEDITATION

A practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state

EXAM STRESS

Some stress is useful/exam stress is a normal part of academic study and this should be recognised

REFLECTION

The examination of one's own conscious thoughts and feelings. In psychology the process of reflection relies exclusively on observation of one's mental state

BREAKDOWN (MENTAL)

A period of intense mental distress. During this period, the person is unable to function normally in their everyday life

EATING DISORDER

A range of psychological conditions that cause unhealthy eating habits to develop. They might start with an obsession with food, body weight, or body shape.

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