



Sri Venkateswara College of Engineering & Technology

(Autonomous)

Mental Health & Wellbeing Policy

Vision and Mission

SVCET is committed to fostering a compassionate, inclusive, and resilient campus ecosystem where mental health is prioritized as essential to personal growth and academic success. Our mission is to integrate proactive wellbeing strategies, accessible psychological support, and anti-stigma education into daily campus life, empowering students, faculty, and staff to thrive holistically.

Objectives

- Establish accessible, evidence-based mental health support services across campus.
- Cultivate an open community culture that dismantles stigma around mental illness.
- Equip campus stakeholders with early-identification and crisis-response skills.
- Provide continuous monitoring, preventative outreach, and postvention resources.

Scope

This policy applies to all registered students, full-time and part-time faculty members, administrative staff, and contract personnel across all academic departments, residential facilities, and campus activities.

Student Wellbeing

Student wellbeing is supported through a balanced academic environment, extracurricular engagement, and preventative programming. Academic schedules are designed to mitigate burnout, and residential housing staff are trained to foster inclusive, supportive living communities.

Faculty/Staff Wellbeing

Recognizing that staff and faculty wellbeing directly impacts the institutional environment, the college provides dedicated mental health days, workload management reviews and professional boundary training to prevent occupational fatigue and burnout.

Counselling and Psychological Support

SVCET operates an on-campus Wellbeing Committee staffed by qualified, licensed psychologists and counsellors. Services offered include:

- Free individual and group counselling sessions.
- Stress management and mindfulness workshops.
- Tele-counselling options for off-campus or flexible care.

Confidentiality

All interactions with mental health professionals remain strictly confidential in accordance with professional ethical standards and legal mandates. Mental health records are kept completely separate from academic and employment files. Information will not be disclosed without explicit written consent, except in cases where there is an imminent threat of harm to self or others.

Crisis Intervention

SVCET maintains a 24/7 Mental Health Crisis Line and an on-call response team composed of counsellors and campus safety personnel. Clear protocols ensure immediate triage, stabilization, and safe transport to affiliated medical facilities when severe distress or medical emergencies arise.

Referral Mechanism

- **Self-Referral:** Direct booking via the student/employee portal or walk-ins.
- **Peer/Faculty Referral:** An online, confidential flag system allowing mentors, teachers, or peers to express concern for an individual's wellbeing, triggering a supportive outreach from the Wellbeing Support system.

Prevention and Awareness

Preventative programming runs continuously throughout the academic year, featuring orientation workshops on emotional regulation, sleep hygiene, time management, and resilience-building modules integrated into the curriculum.

Anti-Stigma Initiatives

SVCET actively combats mental health stigma through campaigns, annual Mental Health Awareness Weeks, open panel discussions, and peer-led support groups. Normalizing conversations around mental health is a core institutional priority.

Roles and Responsibilities

Role	Key Responsibilities
Mentors & Faculty	Recognize signs of emotional distress, offer initial empathetic support, and facilitate referrals.
Counsellors	Provide clinical assessment, individual/group therapy, crisis intervention, and workshops.
Administrators	Ensure resource allocation, enforce policy compliance, and support institutional wellness events.

Monitoring and Review

This policy is reviewed annually by a dedicated Campus Wellbeing Committee comprising administrative leaders, mental health experts, faculty representatives, and student council members. Quantitative service data and anonymized survey feedback drive continuous improvement.