



WORLD
MENTAL
HEALTH
DAY



WORLD MENTAL HEALTH DAY 2020

The world is experiencing the unprecedented impact of the current global health emergency due to COVID-19 that has also impacted on the mental health of millions of people. We know that the levels of anxiety, fear, isolation, social distancing and restrictions, uncertainty and emotional distress experienced have become widespread as the world struggles to bring the virus under control and to find solutions.

Mental health is essential to our overall well-being and as important as physical health. When we feel mentally well, we can work productively, enjoy our free time, and contribute actively to our communities.

The theme for this year's World Mental Health Day is

"Mental Health for All"
"Greater Investment – Greater Access"

The student counseling and special education cell of DPS Mathura Refinery Nagar, is committed in its endeavor to provide a holistic growth atmosphere for over all wellbeing of our students.

We are an inclusive organization and provide in house access to industry trained and experienced mental health professionals who provide counseling and special education services.

Counseling is concerned with improving a student's ability to function in social, emotional, and behavioral capacities. It is a multi-modal discipline in which counselors must be well versed in counseling theories and techniques as well as psychometric testing. They may help students with issues such as bullying, disabilities, low self-esteem, and poor academic performance and relationship troubles. In addition, they'll evaluate students' abilities, interests and personalities to help them develop realistic academic and career goals. They'll facilitate aptitude tests and formulate potential paths to success.

Special educator works with all students with focus on special needs students to ensure they have the support services they need in order to achieve their highest potential in the areas of academics, personal and social growth, and career development. This is accomplished by working with students with social, emotional, behavioral, and physical disabilities in a variety of settings, including in one-on-one counseling, group counseling, in special education classrooms, as well as in regular education classrooms.

We have a dedicated team of experts with a professionally trained counselor and special educator, viz., Ms Sonakshi Goel and Mrs. Nimisha Gupta respectively.

If you feel the need to vent or just be heard or talk about the challenges faced, need guidance, help can be sought at-

1. Ms Sonakshi Goel (Counselor)- sonakshi@dpsmrn.org
2. Mrs. Nimisha Gupta (Special Educator)- nimisha@dpsmrn.org

(The conversation will be strictly confidential as always and will strictly comply with all applicable guidelines).

We hope you will join with us to support World Mental Health Day.

Best wishes,

K.P Sharma

Principal I/c.

DPS, Mathura Refinery Nagar