

Mental Health Awareness **A session for the Pastoral Team**

Children and teens struggle with emotional, behavioural and academic concerns which sometimes go unnoticed or overlooked. To ensure mental health issues are addressed and intervention is given promptly, the Student Counsellor conducted psycho-educational awareness sessions for the MICs, HSMs, AHSMs and Matrons of Prep, Junior, Girls and Senior Schools.

The Pastoral teams were trained to identify signs of emotional distress, self-harm, and depression and understand the response protocol. The Student Counsellor recommended that the team should encourage independent thinking skills among students and equip them with healthy coping strategies for dealing with daily stressors and overwhelming emotions.

The various forms of child sexual abuse, the POCSO Act and guidelines for responding to concerns were also discussed.

The Pastoral teams and the Student Counsellor work in partnership to ensure that students' concerns are addressed and ongoing support is provided to them.

