

Mental Health and Well-being Activities



The poster features a light orange background with decorative elements: a green leafy branch on the left, a heart with radiating lines in the top right, and a grid of dots in the top right and bottom left. The main title 'Week of Hope & Wellbeing' is written in a large, stylized font, with 'Week of' in blue, 'Hope' in green, and '& Wellbeing' in purple. Below the title, the dates '7-10 SEPTEMBER' are in bold blue, flanked by orange horizontal lines. The slogan 'TOGETHER, WE CAN SAVE LIVES.' is in bold blue, followed by 'Hope. Support. Connect.' in green, purple, and orange script. A dark blue bar contains the words 'EVENTS | ACTIVITIES | AWARENESS | ACTION' in white. Four event cards are arranged in a row, each with an icon, title, description, and date. The bottom section features a circular icon of hands holding a heart, the text 'YOU ARE NOT ALONE. We're here for you.' with a small heart, and an illustration of three people hugging. The footer includes the logos and names of ICFAI School of Social Sciences and ICFAI Foundation for Higher Education, with a note about its status as a Deemed-to-be University.

Week of Hope & Wellbeing

7-10 SEPTEMBER

TOGETHER, WE CAN SAVE LIVES.
Hope. Support. Connect.

EVENTS | ACTIVITIES | AWARENESS | ACTION



ONE STEP CLOSER
Community Walk
7-8 SEPTEMBER



YOU MATTER WALL
Share. Support. Inspire.
8-10 SEPTEMBER



WORD SEARCH
Find the words.
Find the message.
7-8 SEPTEMBER



GUEST LECTURE
9 SEPTEMBER
Venue: IBS Auditorium
Time: 3:00 – 4:00 pm



YOU ARE NOT ALONE.
We're here for you. ♥



ICFAI School of Social Sciences

ICFAI Foundation for Higher Education
(Deemed-to-be University under Section 3 of the UGC Act, 1956)

WHEN SOMETHING DOESN'T FEEL RIGHT

Sometimes,

people show us they're struggling without saying it directly.

... You may notice... ...



They might SAY

- "I just can't do this anymore."
- "I feel like I'm a burden."
- "Nothing seems to matter anymore."
- "I wish I could just disappear."
- "Everyone would be better off without me."



They might FEEL

- Hopeless or stuck
- Overwhelmed by emotional pain
- Like they don't belong
- Disconnected from others
- Unable to see a way forward



They might DO

- Pull away from friends or activities
- Stop doing things they usually enjoy
- Give away things that matter to them
- Say unexpected goodbyes
- Take more risks than usual



You might NOTICE

- Changes in sleep or eating
- Sudden changes in mood or behaviour
- Drop in academic engagement
- Increased use of alcohol or other substances
- Becoming unusually quiet, withdrawn, or distant



DON'T JUST NOTICE. CONNECT.

A small change can be a sign that someone needs support.



Listen without judging.



Stay connected.



Reach out for help.



Worried
about yourself or someone you know?

You don't have to figure it out

alone.

Connect with the
Counselling Services
at IFHE.

- ✉ teamcounselling@ibsindia.org
- ✉ shabnam.cp@ifheindia.org
- ✉ sivakumar.cp@ifheindia.org

ICFAI
GROUP
Pioneering Professional Education

Together,
We Can Save Lives

MENTAL HEALTH PLEDGE



As a student and a good citizen, I pledge to **care** for my mental **well-being** and that of **others**. I will **listen** with **empathy**, speak with **kindness**, and act with **compassion**. I will **reach out for help** when I need it and **encourage** my friends to do the same. I will **stand against stigma** and promote **open conversations** about mental health. Together, we will build a campus and a society where **every life is valued and supported**.

*Your mind matters. Your life matters.
You are not alone.*

MENTAL HEALTH HELPLINES – INDIA

 KIRAN Mental Health Rehabilitation Helpline	 1800-599-0019 (24x7)
 Tele MANAS (National Tele Mental Health Programme)	 14416 / 1800-891-4416 (24x7) Help in 13 Indian Languages
 Snehi (Emotional Support Helpline)	 044-24640050 (24x7)
 AASRA (Suicide Prevention Helpline)	 91-9820466726 (24x7)
 iCALL (TISS Online Counselling)	 9152987821 (Mon–Sat: 8 AM – 10 PM)
 Manodarpan (Ministry of Education)	 8448440632 Student Support Helpline For Students, Teachers & Parents
 National Suicide Prevention Helpline	 988 (24x7 Confidential Support)
 EMERGENCY DIAL 112	 112 Immediate Help



If you are in crisis or having suicidal thoughts, seek help immediately. You matter.

CAMPUS COUNSELLING SERVICES



Scan the QR code to access confidential counselling support and resources on campus.



Reaching out is a sign of strength.



It's okay to not be okay.



Talk. We listen.



Support today, stronger tomorrow.



Your mental health matters.

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IFHE, Hyderabad















