

Mental health is just as important as physical health, yet it is often overlooked. Mental well-being plays a crucial role in the overall development of the students. By raising awareness and offering support, our school creates a safe, nurturing environment where everyone can thrive.

### **Why counselling is important?**

Counselling plays an essential part in the school ecosystem, ensuring that students, teachers, and parents have the tools they need to manage their mental health and maintain a sense of well-being.

It is not just for those who struggle with severe emotional issues—it can be a valuable resource for everyone. It provides a safe and confidential space where individuals can express their feelings, confront challenges, and develop coping strategies.

### **Promoting a Culture of Wellbeing**

At Study Hall, we work together to build a culture where mental well-being is prioritized. Encouraging open conversations about mental health, normalizing the act of seeking help, and providing accessible resources are key steps in this process. We create a supportive environment where students feel valued, understood, and equipped to handle life's challenges.

The more we engage in conversations about the challenges our children face, the better we understand their world and strengthen our connection with them. Our goal isn't just to talk, but to offer practical solutions to their concerns.

My name is Diksha Grover and my role as a counsellor at Study Hall is to guide this process, ensuring that everyone has the opportunity to thrive emotionally and mentally through regular group sessions in adolescent education classes and individual counselling sessions.

**You may schedule an appointment or send us the queries on:**

**Mobile Number:** +919719421959

**Email ID:** dikshagrover21@gmail.com

**Timings:** 10am-12pm (Morning) and 6pm-8pm (Evening)