

Concept Note

Topic: Understanding Mental Health: Caring for Our Well-being

For the Staff Members, Dr. B.R. Ambedkar University Delhi (Kashmere Gate Campus)

Background:

- **Vital Role:** Non-teaching staff are crucial to maintaining a safe, supportive, and functional university environment.
- **The Challenge:** Workplace demands, evolving roles, and personal stressors frequently impact staff mental well-being, though stigma often prevents open discussion or help-seeking.
- **The Objective:** To foster a psychologically healthy campus, this session enhances mental health literacy by providing foundational knowledge, practical coping strategies, and access to support systems.

Objectives:

The session aims to:

- Develop a foundational understanding of mental health and emotional well-being.
- Increase awareness of the impact of stress on everyday functioning.
- Address common myths and misconceptions surrounding mental health.
- Introduce practical and evidence-informed strategies for promoting mental well-being.
- Encourage healthy coping practices and resilience in everyday life.
- Promote timely help-seeking and awareness of available mental health support services.

Session Outline:

- What is Mental Health?
- Why Mental Health Matters
- Understanding Stress and Its Impact
- Myths and Facts about Mental Health
- Taking Care of Our Mental Well-being
- Everyday Practices to Build Resilience
- Reaching Out for Support: When, Why and How

Methodology:

The session will be conducted using an interactive and participatory approach, incorporating:

- Guided discussions
- Reflection activities
- Practical examples from everyday life
- Question and Answer session

Duration:

45-60 minutes

Expected Outcomes:

By the end of the session, participants will be able to:

- Understand the concept of mental health and its importance in everyday life.
- Recognise the effects of stress on emotional and physical well-being.
- Challenge common myths and misconceptions related to mental health.
- Identify simple, practical strategies to support their own mental well-being.
- Develop greater awareness of healthy coping practices and resilience.
- Know when, how and where to seek professional support, if needed, and become familiar with mental health services available within the university.

Organised by:

Ehsaas Clinic, Centre for Psychotherapy and Clinical Research (CPCR)

In collaboration with the School of Human Studies Dr. B.R. Ambedkar University Delhi

— A MENTAL HEALTH AWARENESS SESSION —

UNDERSTANDING MENTAL HEALTH

— CARING FOR OUR WELL-BEING —

FOR NON-TEACHING STAFF

Your well-being matters. Join us for an interactive session to understand mental health, manage stress, build resilience, and learn when and how to seek support.



DATE

To be announced



TIME

To be announced



VENUE

To be announced



TARGET GROUP

Non-Teaching Staff,
AUD (Kashmere Gate Campus)



*Small steps towards
self-care today,
lead to a healthier tomorrow.*



An initiative by
Ehsaas Clinic,
CPCR

In collaboration with
School of Human Studies,
Dr. B.R. Ambedkar University, Delhi



Let's build a campus where well-being is a priority for all.



