

## **Mental Health Policy**

Version 1.1 (September 2024)

This policy on Mental Health applies to all students registered in credited programs at the University, including students who self-identify as LGBTQ+ and students with disabilities.

### **1. Mental Health support**

- 1.1. Azim Premji University is committed to facilitating students in maintaining physical, social and emotional well-being and building resilience.
- 1.2. The term mental health concerns or challenges refers to temporary acute reactions to an event, stress or external pressure or to long-term psychiatric conditions which may have significant effects on an individual's functioning.
- 1.3. Students who are facing such concerns or challenges are encouraged to seek support from the University's counselling centre (called 'Conversations'), which is staffed by qualified counsellors.
  - 1.3.1. Email for appointments: [conversations@apu.edu.in](mailto:conversations@apu.edu.in)
- 1.4. Students who need more intensive care than what can be provided on campus (e.g. medication, psychiatric evaluation or hospitalisation) are referred to external mental health service providers, such as St. John's Hospital and NIMHANS Hospital. A list of such providers is available with the 'Conversations' counselling centre and also appended to this policy.
- 1.5. The University may seek an independent psychological and / or psychiatric evaluation in high-risk cases where there are concerns of a student's wellbeing and / or concerns for the wellbeing of other members of the University. Where a student fails to comply with this requirement, or where they are assessed to be unfit to continue with their studies, they may be required to withdraw from their programme until such time as they are certified by a qualified professional to be fit to proceed with their studies.
- 1.6. In certain cases, the University's Disciplinary Committee or other Committees may mandate counselling sessions for students. These will be considered as mandatory conditions for continuation in the University's programmes.
- 1.7. Azim Premji University's group medical insurance for students (available to all full-time students) covers the cost of psychiatric consultations and hospitalization arising out of psychiatric ailments. For more details, please refer to medical insurance policy.

## **2. Academic Accommodation support**

- 2.1. Academic accommodation refers to short-term and temporary relaxation of academic requirements such as extension in assignment deadlines, leave policy, etc.
- 2.2. The University strives to ensure that students with identified mental health challenges receive reasonable support in completing their academic studies. Students with specific mental health challenges may apply for academic accommodations through the Programme Coordinator and the Disability and Inclusion office. Academic accommodations are available based on written recommendation (note) provided by either the University's counselling centre or external qualified medical practitioners. Self-diagnosis is not accepted in such cases.
  - For more information, students should refer to Academic Accommodations policy for their respective programs available through the Programme Coordinators.

## **3. Confidentiality**

- 3.1. Information about the name of the students seeking counselling support, the nature of mental health challenge and treatment will not be revealed by the counselling centre, except for the following cases:
  - 3.1.1. Counsellors who are providing support, their supervisor and the Head of the Counselling Centre will have access to necessary details for the purpose of providing care.
  - 3.1.2. In cases where students need academic accommodations, they will need to provide detailed information to the Disability and Inclusion office. For actioning the recommendation of the Disability and Inclusion office, limited information will be shared with the Programme Office, Programme Coordinator, Director or Associate Director. Faculty members who are expected to relax academic requirements in their course (e.g. extend deadline for an assignment), will be informed by the Programme Office or the Programme Coordinator of the nature of academic accommodation approved, but not the details of the mental health challenge and support.

3.1.3. In accordance with the Mental Healthcare Act 2017, confidentiality may be breached in exceptional circumstances, such as cases where there is risk of potential self-harm, suicidal ideation or harm to others. In such cases, the Conversations team may contact the student's emergency contact person, family members or someone in a position to prevent the potential harm, revealing only necessary information. Students will be informed about breach of confidentiality. Relevant authorities in the University will also be informed in order to coordinate protocols related to self-harm care, academics and arrangements in student residences. Depending on the circumstances, this may include the Programme Coordinator, School Director or Associate Director, Programme Office, Faculty Mentor, Resident Mentor, Registrar, Student Affairs Convenor, Pro Vice Chancellor and Vice Chancellor or other designated individuals. Every care will be taken to ensure that only minimal information required for taking suitable action is revealed.

3.2. Students seeking mental health support are expected to maintain confidentiality and not share private details on social media or other public fora.

#### **4. Anti-discrimination**

4.1. Azim Premji University is committed towards fostering an inclusive and equitable educational environment. Upholding the values and the spirit of the Indian constitution are central to the University's educational goals and practices.

4.2. Mental health support provided by the University is available to all students, regardless of gender (including LGBTQ+), disability, caste, ethnicity, religion, and any other marginalised socio-economic backgrounds. The University recognizes that any discrimination based on any of these factors goes against the values of Azim Premji University.

## Appendix: Mental Health Referrals

The following list of referrals is provided only to assist students in identifying suitable external resources. The University does not endorse the services provided by these referrals.

Students are advised to exercise caution and suitable discretion when using such referrals. The University assumes no responsibility or liability for any outcomes resulting from its use. Students are encouraged to get the latest list from the Counselling Centre.

### 1. Psychiatrist Referrals

Name	City	Hospital/ Organisation	Contact details
Multiple doctors	Bangalore	St. John's Hospital	080 2206 5000
Multiple doctors	Bangalore	NIMHANS Hospital	080 2699 5000
Dr. Preeti	Bangalore		9880230632
Dr. A Jagadish	Bangalore	Abhaya Hospital	<a href="https://www.practo.com/bangalore/doctor/dr-a-jagadish-psychiatrist-198899">9844059066, 080 26563865 https://www.practo.com/bangalore/doctor/dr-a-jagadish-psychiatrist-198899</a>
Dr. Ashlesha Bagadia	Bangalore	Green Oak Initiative	Contact admin Karthiga at +91 99726 65268
Dr. Sandeep Deshpande	Bangalore	People Tree Maarga	<a href="https://q.page/dr-sandip-deshpande?share">https://q.page/dr-sandip-deshpande?share</a>
Dr. Rekha Robbie	Bangalore	Narayana Hrudayalaya	<a href="https://narayana.health/phrportal">https://narayana.health/phrportal</a>
Dr. Diwakar Goutham N	Bangalore	Narayana Hrudayalaya	<a href="https://narayana.health/phrportal">https://narayana.health/phrportal</a>
Dr. Sabina Rao	Bangalore	Manipal Hospital, Sarjapur	Call hospital for appointment at 080 66756565
Dr. Vanishree B N	Bangalore	Manipal Hospital, Sarjapur	Call hospital for appointment at 080 66756565
Dr. Zoheb Raj	Calicut	Tara Clinic	91 495 2760566, 91 8921883837
Dr. Satish Ramaiah	Bangalore	People Tree Maarga	<a href="https://www.peopletreemaarga.com/book-an-appointment/">https://www.peopletreemaarga.com/book-an-appointment/</a>
Dr. Swati Netam*	Bangalore	Skin and Brain Clinic, Indiranagar	Business whatsapp no. (text first):+91 90190 35621 <a href="http://www.swatipsychiatrist.com">http://www.swatipsychiatrist.com</a>
Dr. Divya Nallur	Bangalore	People Tree Maarga	<a href="https://www.peopletreemaarga.com/book-">https://www.peopletreemaarga.com/book-</a>

			<a href="#">an-appointment/</a>
Dr. Mansi Jain*	Bangalore		98204 33211
Dr. Pranaya Prabhu*	Bangalore	Green Oak Initiative	Contact admin Karthiga at +91 99726 65268
Dr. Annie Mathew	Bangalore		97317 19111
Green Oak Initiative (organisation)	Bangalore		Contact admin Karthiga at +91 99726 65268

\* Dr Swati, Dr Mansi, Dr Pranaya are queer affirmative psychiatrists.

## 2. External Therapist Referrals:

Name of therapist/Org	Organisation	Website/Phone number	City	Specialisations (clinical/children/family therapy etc.)
Apoorva Shetty	The Green Oak Initiative	<a href="https://thegreenoakinitiative.com/team/apoorva/">https://thegreenoakinitiative.com/team/apoorva/</a> For appointments, contact admin Karthiga on 9972665268	Bangalore	Clinical psychologist
Anika	Private Practice	9886665560	Bangalore	
Christeen James	Private Practice	9513516808	Bangalore	
Revathi Deshpande		8879904103	Mumbai	
Heart it Out		<a href="#">Heart It Out</a>	Bangalore	
Kapil Kataria	The Green Oak Initiative	<a href="https://thegreenoakinitiative.com/team/kapil/">https://thegreenoakinitiative.com/team/kapil/</a> For appointments, contact admin Karthiga on 9972665268	Bangalore	Clinical psychologist-psychotherapy (CBT), assessments
Sarika Bapuji	Private practitioner	9884486630	Only Online	Clinical psychologist
Radhika Bhat	Private practitioner	9731958547	Only Online	
Preenu Mathew	Private practitioner	9940417315	Only Online	
Cozy Hope		<a href="https://www.cozyhope.com/">https://www.cozyhope.com/</a>		
Thehraav		<a href="https://www.thehraav.in/">https://www.thehraav.in/</a>		

The Alternative Story		<a href="https://alternativestory.in/">https://alternativestory.in/</a>		
Anjana Moraes	Private practitioner	7975219605	Only Online	
Heart it Out		<a href="http://heartitout.in">http://heartitout.in</a>	Bangalore	
Navni	Private Practice	9843887803	Online	
Sangath		<a href="https://sangath.in/">https://sangath.in/</a>	Goa	

### 3. ADHD Screening and Assessment Referrals:

Name	Contact details	City	Services offered
St. John's Hospital (multiple doctors)	080 2206 5000	Bangalore	Evaluations
NIMHANS Hospital (multiple doctors)	080 2699 5000	Bangalore	Evaluations
Therapeute	<a href="http://therapeute.in">http://therapeute.in</a>	Online	Assessments
Rachel Jayaseelan	8050505432		Reach Clinic
Dr. Annie Mathew	97317 19111	Bangalore, online	medication, ADHD, autism
Dr. Sandeep Deshpande	9880581144	Bangalore	medication, queer affirmative, ADHD, autism

### 4. Hospitalisation

City	Hospital	Contact information
Bangalore	St. John's Hospital	080 2206 5000
Bangalore	NIMHANS Hospital	080 2699 5000