

# Scheme for Counselling Programme

## 1. Title of the Programme

**Community Counselling and Mental Health Support Programme**

Theme: *Promoting Emotional Well-being and Psychological Support*

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## 2. Background and Rationale

Many individuals face emotional, psychological, social, and academic challenges such as stress, anxiety, depression, family problems, and substance abuse. Counselling services help individuals cope with these challenges, improve mental health, and lead balanced and productive lives. Early counselling support prevents serious mental health issues and promotes overall well-being.

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## 3. Objectives

- To provide professional counselling support
  - To promote mental and emotional well-being
  - To help individuals cope with stress, anxiety, and personal challenges
  - To improve decision-making and life skills
  - To prevent mental health problems and promote resilience
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## 4. Target Group

- Students and youth
  - Parents and families
  - Teachers and staff
  - Community members
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## 5. Programme Duration and Location

- Duration: Continuous programme
  - Frequency: Weekly counselling sessions and ongoing support
  - Location: Schools, counselling centers, community halls, or offices
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## 6. Types of Counselling Services

### A. Individual Counselling

- Emotional and mental health support
- Academic and career counselling
- Personal problem counselling

### B. Group Counselling

- Peer support groups
- Stress management sessions
- Life skills training

### C. Family Counselling

- Family conflict resolution
- Parenting guidance
- Relationship counselling

### D. Crisis Counselling

- Emergency emotional support
- Trauma counselling
- Substance abuse counselling

### E. Career and Educational Counselling

- Career guidance
- Educational planning
- Skill development support

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## 7. Programme Activities Schedule

Activity	Frequency
Individual counselling sessions	Weekly
Group counselling sessions	Monthly
Awareness workshops	Quarterly
Parent counselling sessions	Quarterly
Mental health awareness programmes	Twice a year

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## **8. Implementation Plan**

<b>Phase</b>	<b>Activity</b>	<b>Timeline</b>
Phase 1	Needs assessment	Month 1
Phase 2	Setup counselling center	Month 2
Phase 3	Recruit trained counsellors	Month 2
Phase 4	Provide counselling services	Ongoing
Phase 5	Monitoring and evaluation	Continuous

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## **9. Roles and Responsibilities**

### **Programme Coordinator**

- Overall programme management

### **Professional Counsellors**

- Provide counselling services

### **Psychologists / Mental Health Professionals**

- Provide specialized support

### **Volunteers**

- Support programme activities

### **School / Community Administration**

- Provide facilities and coordination
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## **10. Resources Required**

- Counselling room and furniture
  - Professional counsellors
  - Training and awareness materials
  - Record-keeping system
  - Communication tools
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## 11. Budget

Item	Estimated Cost (₹)
Counsellor honorarium	1,000
Training and workshops	1,000
Awareness materials	1,000
Equipment and setup	1,000
Miscellaneous	1,000
Total	5,000

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## 12. Monitoring and Evaluation

- Number of counselling sessions conducted
  - Client feedback
  - Improvement in emotional well-being
  - Programme review meetings
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## 13. Expected Outcomes

- Improved mental health and emotional well-being
  - Reduced stress and anxiety
  - Improved academic and personal performance
  - Better coping skills and resilience
  - Stronger families and communities
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## 14. Sustainability Plan

- Regular counselling services
  - Training of peer counsellors
  - Community awareness programmes
  - Linkage with national mental health initiatives like National Mental Health Programme
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## **15. Conclusion**

Counselling programmes play a vital role in promoting emotional well-being, supporting individuals during difficult times, and building healthier communities. Early counselling intervention ensures positive mental health and overall well-being.