

# **Scheme for Mental Health Support and Crisis Intervention Programme**

## **1. Title of the Programme**

**Mental Health Support and Crisis Intervention Programme**

Theme: *Providing Timely Support, Preventing Crisis, and Promoting Emotional Well-being*

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## **2. Background and Rationale**

Mental health challenges such as stress, anxiety, depression, trauma, and emotional crises are increasing among youth and adults. Without timely support, these issues may lead to serious consequences such as self-harm, substance abuse, or social isolation. A structured mental health and crisis intervention programme ensures early identification, professional support, and immediate intervention during emergencies, promoting recovery and resilience.

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## **3. Objectives**

- To provide mental health support and counselling services
  - To identify individuals at risk and provide early intervention
  - To offer immediate crisis intervention and emotional support
  - To promote mental health awareness and prevention
  - To strengthen community support systems
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## **4. Target Group**

- Students and youth
  - Teachers and staff
  - Community members
  - Individuals facing emotional or psychological crisis
  - Families and caregivers
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## **5. Programme Duration and Location**

- Duration: Continuous programme
- Frequency: Regular support and emergency intervention as needed
- Location: Schools, counselling centers, hospitals, and community centers

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## 6. Key Components of the Programme

### A. Mental Health Awareness and Education

- Awareness workshops and seminars
- Stress and emotional management education
- Mental health promotion campaigns

### B. Counselling and Psychological Support

- Individual counselling sessions
- Group counselling and peer support
- Emotional support services

### C. Crisis Intervention Services

- Immediate response to mental health crises
- Emergency counselling and stabilization
- Referral to specialized care when required

### D. Early Identification and Prevention

- Screening and identification of at-risk individuals
- Early intervention support
- Preventive mental health programmes

### E. Family and Community Support

- Family counselling and guidance
- Community awareness programmes
- Caregiver support

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## 7. Programme Activities Schedule

Activity	Frequency
Mental health awareness sessions	Monthly
Individual counselling	Weekly / as needed
Crisis intervention services	As required
Group support sessions	Monthly
Family counselling	Quarterly

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## 8. Implementation Plan

Phase	Activity	Timeline
Phase 1	Needs assessment and planning	Month 1
Phase 2	Recruit mental health professionals	Month 2
Phase 3	Awareness and counselling services	Month 2 onwards
Phase 4	Crisis intervention services	Ongoing
Phase 5	Monitoring and evaluation	Continuous

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## 9. Roles and Responsibilities

### Programme Coordinator

- Overall programme management

### Psychologists and Counsellors

- Provide counselling and crisis intervention

### Healthcare Professionals

- Provide medical support

### Volunteers and Peer Support Leaders

- Provide emotional support and referral

### Community and Institutional Leaders

- Facilitate programme implementation
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## 10. Resources Required

- Counselling rooms
  - Professional counsellors and psychologists
  - Awareness and training materials
  - Emergency contact and referral network
  - Communication tools
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## 11. Budget

Item	Estimated Cost (₹)
Professional counsellors	1,000
Awareness programmes	1,000
Training	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
  - Number of crisis interventions provided
  - Participant feedback
  - Improvement in mental health outcomes
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## 13. Expected Outcomes

- Improved mental health and emotional well-being
  - Early identification of mental health issues
  - Reduced mental health crises
  - Improved coping and resilience
  - Stronger support systems
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## 14. Sustainability Plan

- Continuous counselling services
  - Training peer supporters
  - Community awareness programmes
  - Linkage with national mental health services like National Tele Mental Health Programme (Tele-MANAS)
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## 15. Conclusion

Mental health support and crisis intervention programmes ensure timely care, reduce emotional suffering, and promote recovery and resilience. These initiatives help build healthier individuals, safer institutions, and stronger communities