

# TEACHER SUPPORT SHEET

## Emotional Well-being Health

Your health is made up of both your physical health (your body) and your emotional well-being (thoughts and feelings).

Just like when you are worried about your physical health you might seek help. Similarly, you might want to seek help about your emotional well-being.

If you do want to talk, **help is here!** We have provided you some resources that you may want to contact.

Who can I talk to about my emotional well-being?



Friends, Family, Local & National Organisations!

## Local & National Organisations

In your area there are lots of **local organisations** that help people with the challenges they face.

Alternatively you could look at one of the **national organisations/ charities** that offer support and advice to people on a range of issues or questions.

You can find the details of various organisations on the back of this sheet.

## Project SAMA

In this project, we are working with adolescents, teachers, parents and mental health professionals to understand how we can help the emotional well-being of Indian adolescents by enhancing emotional well-being knowledge in schools by various strategies. For more information you can look up our website [sama.org.uk](http://sama.org.uk).

All the answers you provided in our focus groups will be kept **confidential**. This means that we will not share this information with anyone else, except once it has been made anonymous.

## Friends and Family Members

You might choose to speak to a friend or family member that you are close with. If you have any concerns about any aspect of the SAMA focus group today, please feel free to contact Project SAMAs safeguarding lead Dr. Poornima Bhola, Professor, Department of Clinical Psychology, NIMHANS, on [poornimabhola.sama@gmail.com](mailto:poornimabhola.sama@gmail.com)



Remember, asking for help is a brave step to take!

## Contact the SAMA Team

Finally, if you have any questions, you are always welcome to contact the SAMA research team. You can reach us by email at [projectsama.23@gmail.com](mailto:projectsama.23@gmail.com). Or if you prefer you can call Dr. N Janardhana Professor, Department of Psychiatric Social Work, NIMHANS on +91-80-26995238 (Mon-Sat, 9.30am to 4.30pm).

Alternatively, you can follow this link [www.sama.org.uk/find-help](http://www.sama.org.uk/find-help) to our project website that has even more resources for you where you can receive help or simply talk to someone about your concerns or how you are feeling.

## Why talking is helpful

Many people find that talking things through with someone can help them feel understood and more able to manage what is going on. **You do not need to have it all figured out before you talk.** You can just say "things are hard right now" and they will help you talk it through.

The suggested people/ organisations here have lots of experience in understanding how difficult things can be for young people. They will be **supportive** and **helpful**. They will not tell anyone you have contacted them, unless they are really worried about your immediate safety.

You do not need to deal with things on your own. Why not test out how one these support options could help you get through things at the moment?

Lots of people find it has helped them.

## Emotional Well-being Helplines

### iCall

[www.icallhelpline.org](http://www.icallhelpline.org)

Freephone: +9152987821

*Provides professional and free counselling through technology to anyone in need of emotional support, irrespective of age, gender, sexual orientation or race.*



### Vandrevala Foundation

[www.vandrevalafoundation.com](http://www.vandrevalafoundation.com)

Freephone: +1256 666 2142

*Free 24-hour helpline and online support for people struggling with their mental health or that of their relatives.*



### Mitram Foundation

[www.mitramfoundation.org](http://www.mitramfoundation.org)

Freephone: 08025711573

*Confidential, unconditional & non-judgmental emotional support for those going through crisis in their lives, especially the stressed, depressed and/or suicidal.*



### 1Life

[www.1life.org.in](http://www.1life.org.in)

Phone: +91 9866996641 /

+91 9849215195

*A dedicated helpline service that provides confidential suicide prevention and crisis support.*



### Sangama

[www.sangama.org](http://www.sangama.org)

Phone: 099 4560 1651

*A queer support helpline that will provide information, awareness and support.*



## Emotional Well-being Helplines

### AASRA

[www.aasra.info](http://www.aasra.info)

Freephone: 91 9820466726

*Free, confidential helpline ready to give you non-judgmental and non-critical listening for whatever your concerns are.*



### Women Helpline

[www.indianhelpline.com/WOMEN-HELPLINE/](http://www.indianhelpline.com/WOMEN-HELPLINE/)

Freephone: 1091 for all women or if you are a student or a child 1098

*Free, confidential helpline for and women (adult or child) who have been exposed to domestic violence or sexual violence.*

### Parivarthan

[www.parivarthan.org](http://www.parivarthan.org)

Freephone: +90 7676602602

*A free phone counselling service that offers immediate support.*



There will also be more services near your vicinity, you can always approach them too.

**Alternatively**, please feel free to contact NIMHANS Centre for Well-being on 080 26685948 / 9480829670. The services and support provided here target a large range of mental health and wellbeing related concerns.

**Thank you for taking part in a Project SAMA focus group.**

## Emotional Well-being Helplines

### ChildLine India Foundation

[www.childlineindia.org](http://www.childlineindia.org)

Freephone: 1098

*Free 24-hour helpline and online support for children and young people, including information on your mental health, body issues, bullying, friends, family, relationships, school, plus an online toolbox of supports.*

