



Government of Jammu & Kashmir
DIRECTORATE OF SCHOOL EDUCATION, JAMMU.

Circular

No: 905 of 2019
Dated 02/02/2019

Sub: आओ बात करें: Counselling Helpline service.

Management of the stress faced by students in schools due to various reasons like (Exams, academic demands, cut-throat competition, developmental issues, peer pressure, bullying, ragging, relationship issues, mental health issues, inappropriate parenting, Career indecisiveness, corporal punishment, Child abuse etc.) is one of most needed interventions in present day context.

In order to encourage and facilitate the students to seek help in a confidential and trustworthy manner a counselling helpline (proposed to be strengthened in near future) in the form of a contact number **6006800068** and Email-Id: **counsellingcelldsej@gmail.com**, is hereby constituted for crisis intervention, guidance and counselling, psychological first aid, referral etc. to address the issues related to emotional well being (examination anxiety, low mood, stress, phobia, behavioural aberrations like delinquency, drug abuse, aggression, bullying, corporal punishment, child abuse etc., as well as career guidance of students.

Government school students can call at this number during the working hours of the office from 10 AM-4.30 PM on working days to seek telephonic guidance or to book appointment for individual counselling.

Teachers/Parents/Guardians/School administrators can also communicate through this helpline to give feedback, reports of behaviour aberrations in students (aggression, delinquency, bullying, drug abuse, slow learners, cyber addiction, children with special needs, self harm, etc.) and suggestions if any.

This will facilitate the counselling team at this office to devise its preventive counselling interventions in consultation with experts in the field.

Anuradha Gupta
Anuradha Gupta, KAS
Director School Education
Jammu

No: DSEJ/CC/ 3704-29

Dated: 2-02-2019

Copy to the:

1. Secretary to Govt. School Education Department, Civil Secretariat, Jammu for information.
2. Principal SIE Jammu for information and Awareness generation through trainees.
3. Joint director Information for publication in newspapers.
4. Chief Education officers (All) for circulation among all Schools and other stakeholders.
5. Principals DIET, Jammu Division (ALL) for Awareness generation through counselling teams constituted at DIETs.
6. I/C Counselling Cell, DSEJ for necessary action.
7. I/C website for uploading on website.