



Government of Jammu & Kashmir



**Directorate of School Education, Jammu**

No: DSEJ/Counselling Cell/ 15239-41

Dated: 23/04/2021

The Joint Director,  
Department of Information  
J&K

**Subject: Publication of Mental Health/Well being advisory (Coloured Version) for school education stakeholders in leading dailies & Audio-Visual Media of J&K, in the wake of COVID19 Pandemic and closure of schools thereof.**

Sir/Madam

Kindly find enclosed herewith, an advisory for "Mental Health/well Being" prepared by Counselling Cell, DSEJ.

In this regard, you are requested to get it published in leading dailies of J&K to sensitize students, teachers and other stakeholders to safeguard them against the adverse impacts of COVID19 stress.

**Yours Faithfully**

(Dr. Ravi Shankar Sharma), KAS  
Director School Education  
Jammu

**Copy to the:**

1. Administrative Secretary, Government School Education Department, Civil Secretariat, J&K Jammu for kind information.
2. I/C Website for uploading on the website.



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*Mental health and Well-being of Children during  
and Post COVID-19 Pandemic.*



# **Advisory**

**# COVID-19**

- **Help your child follow a similar routine everyday: Keep it flexible and as realistic as possible. SMART goals show better results— Specific, Measurable, Attainable, Relevant and Time-bound.**
- **Time to be compassionate: Your child’s mental and emotional needs have suddenly increased. Prioritize their mental health and don’t keep unrealistic expectations that can be burdening.**
- **Encourage your children to disconnect from gadgets as much as possible: Simple family time games, stories and moments can be extremely comforting and would be a great distraction from stress as well.**
- **Be sensitive while educating children about the pandemic: Help them stay in touch with reality but reassure that they have everything they need for now. Comfort them, don’t scare them. Never use threats related to pandemic to discipline them.**
- **Don’t worry about the syllabus. Instead help your child understand basic concepts. Focus on reading and writing skills.**
- **Children need not always be given an advice: Encourage expression of emotions, feelings and thoughts. Listen to them and let them be human for reacting to uncertainties and fear that they feel. Don’t try to suppress emotions.**
- **Pay attention to their extreme behaviors: Behaviors like fear of death, disrupted sleep, lack of appetite, etc. should not be ignored for long if it causes a lot of distress. Seek professional help if required. (6006800068).**
- **Accompany them for physical exercises: Help them engage in some form of movement based activity at least 4 times in a week.**
- **Always trust/believe children if they report sexual abuse to you.**

- **Children spend more of their time online – and face the risk of exposure to online sexual abuse and grooming for sexual exploitation, cyberbullying and other online threats. Be friendly and talk to them about safe internet practices: Being preachy and aggressive with children in this case may not work.**
- **Teach children about personal safety rules – their body belongs to them and any uncomfortable touch or gesture made by anyone which makes them feel unsafe is not acceptable.**
- **Allow and help them to stay connected with peers: Social networks play a prominent role in children’s lives. Encourage them to talk to their friends. Relating to others going through the same thing can help them feel better.**
- **Creative expression is the key: Encourage them to develop ways for self-expression. Help them develop a hobby or learn something new with the help of internet if needed.**
- **If children are witnessing violence at home, or if they are the target of the violence, it causes trauma and distress and may lead to disruptive behavior.**
- **For professional guidance and counselling related to any of the issues mentioned above feel free to call at telecounselling helpline no. Aao Baat Karein 6006800068.**

**Feel Free to  
Call  
6006800068**



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