



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

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**Counselling Helpline**


Management of the stress faced by students in schools due to various reasons like (*Academic demands, cut-throat competition, developmental issues, peer pressure, bullying, Child abuse, corporal punishment, mental health issues, Career decision making, inappropriate parenting etc.*) is one of the interventions in the **CMs Model School Scheme**.

It is a well known fact that students usually hesitate in seeking help related to mental health, adolescent issues and other personal psychological matters as mentioned above because of less options available in their immediate surroundings, lack of trust in people around them and stigma attached to the help seeking behaviour in our cultural context.

In order to encourage/facilitate the students to seek help in a confidential and trustworthy manner a tentative helpline (proposed to be strengthened in near future) in form of an Email-Id, Contact number and whatsapp number (Same as contact number) [**counsellingcelldsej@gmail.com, 09419210200**] is hereby constituted to address the psychological issues of students. Problems can be either E-mailed to seek guidance or can be communicated directly on phone by seeking prior appointment during working hours.

Teachers/Parents/Guardians/School administrators/NGOs or any other stakeholders can also communicate through this helpline to give suggestions/feedback regarding the psychological issues they frequently observe in students (*Depressed mood, Delinquency, Use of Abusive language, indiscipline, aggressive Behaviour, Eve teasing, Hysterical behaviour, misconduct, inattention, bullying, Phobia, Test Anxiety, retardation, social isolation, lack of expression, substance abuse, slow learning, learning disabilities, children with special needs, students aggrieved from school management*).

This will facilitate the counselling team at DSE Jammu in consultation with experts to devise preventive future interventions and plan school visits depending upon the nature of cases which they hear about from Schools.

  
Smita Sethi, KAS  
Director School Education  
Jammu

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**Copy to the:**

1. Commissioner /Secretary to Govt. School Education Department, Civil Secretariat, Srinagar for information.
2. Principal SIE Jammu for information and Awareness generation through trainees.
3. Chief Education officers (All) for circulation among all Schools (**Both Govt. and Private**) and other stakeholders.
4. Principals DIET, Jammu Division (ALL) for Awareness generation among trainees.
5. I/C Counselling Cell, DSEJ for information and necessary action.