



WILLIAMS INTERNATIONAL COLLEGE

(Recognized by Govt. of Karnataka & Affiliated to Bengaluru City University and Approved by AICTE)
(#163, 1st Main, 5th Cross, Bhuvaneshwari Nagar, Sultanpalya Main Road, R.T Nagar Post, Bangalore-32)

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Establishment of platform or hiring counselors for seeking help and guidance w.r.t psychological counseling related to Mental Health for Students, faculty and nonteaching faculty

Recognizing the critical importance of mental health and well-being within the college community, Williams International College (WIC) has established a comprehensive counseling services platform. This initiative aims to provide accessible and confidential support to students, faculty, and non-teaching staff.

Key Features of the Counseling Services Platform:

The college experience, while exciting, can also be incredibly challenging. Academic pressures, social anxieties, homesickness, and the transition to independence can significantly impact a student's mental well-being.

Why is Mental Health Support Crucial in College?

- **Academic Performance:** Poor mental health can severely impact academic performance. Anxiety can lead to procrastination and difficulty concentrating, while depression can diminish motivation and energy levels.
- **Social and Emotional Development:** College is a time of significant personal and social growth. Mental health challenges can hinder the development of healthy relationships, social skills, and a strong sense of self.
- **Overall Well-being:** Mental health issues can affect sleep, appetite, physical health, and overall quality of life.
- **Reducing Stigma:** Access to mental health support can help reduce the stigma surrounding mental illness and encourage open conversations about mental health.



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How Colleges Can Support Student Mental Health:

- **Counseling Services:**
 - On-campus counseling centers staffed by qualified mental health professionals.
 - Confidential and accessible services for students.
 - Group therapy sessions for common concerns like anxiety and depression.
- **Peer Support Programs:**
 - Peer-to-peer support groups led by trained student volunteers.
 - Offer a safe and supportive space for students to connect and share experiences.
- **Mental Health Awareness Programs:**
 - Workshops and seminars on stress management, anxiety, depression, and other mental health topics.
 - Promote self-care practices like mindfulness, meditation, and exercise.
- **Faculty and Staff Training:**
 - Equip faculty and staff to recognize signs of distress in students and provide appropriate support.
 - Foster a supportive and inclusive campus environment.

Conclusion:

Prioritizing mental health support in WIC is not just a nice-to-have; it's essential for student success and well-being. By providing accessible resources and creating a supportive environment, colleges can empower students to navigate the challenges of higher education and thrive both academically and personally.