**Maganbhai Adenwala Mahagujarat University**

**Take Care of Your Mind: A Student Mental Health Guide**

Dear Students,

Your well-being is our top priority. We understand that university life can be demanding, and it's okay to feel stressed, anxious, or overwhelmed sometimes. Please know that you are not alone, and help is always available.

Our university has a dedicated mental health and wellness policy to support you. We encourage you to use the resources available to you.

**1. Where to Find Help: Your "Arogyam" Support Network**

* **MAMU Mental Health and Wellness Cell (MAMU-MWC):**
	+ **What it is:** A confidential cell with a professional counsellor, faculty members, and student leaders.
	+ **How to contact us:**
		- **Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Available 24/7 for support.
		- **Email:** infoformms@gmail.com
		- **In-person:** Walk-in sessions are available. Please check the schedule at our University Office.
* **'Arogyam' Digital Wellness Portal:**
	+ **What it is:** Your one-stop digital hub for all mental health resources.
	+ **How to access:**
		- Visit our website: https://mamuni.edu.in/
		- Navigate to the **'Arogyam'** section.
		- Find articles, videos, FAQs, and a confidential "ask a counsellor" feature.

**2. Important Guidelines & Things to Remember**

* **It's okay to ask for help.** Seeking support is a sign of strength. Our services are strictly confidential. Your conversations with our counsellors will not be shared with anyone without your permission.
* **Recognize the signs.** If you or a friend are feeling isolated, losing interest in activities you once enjoyed, or experiencing persistent sadness, it's time to reach out.
* **Don't ignore a friend in need.** If a friend shares that they are struggling, please encourage them to contact the MAMU-MWC. You can also discreetly inform a faculty member or student ambassador.
* **Practice Self-Care.** Take advantage of our wellness initiatives:
	+ **Yoga & Meditation:** Join our free, regular sessions led by experts from our Ayurveda faculty. (Check notice boards for schedule).
	+ **Life Skills Workshops:** Participate in workshops on stress management, emotional regulation, and academic pressure. (Announcements will be made via email and notice boards).
* **Emergency Contact:** In case of a mental health emergency or crisis, please do not hesitate to call the MAMU-MWC helpline immediately. You can also call the **National Toll-free Helpline at 8448440632**.

**Remember, your well-being matters. Let's build a supportive community together.**

**Registrar**

**MAM University**