



## G.D. GOENKA PUBLIC SCHOOL, EAST DELHI

GDGPSED/PC/20-21/031

CLASSES NUR-XII

Date: 24<sup>th</sup> July 2020

### MANODARPAN-PYSCHOLOGICAL SUPPORT FOR MENTAL HEALTH

Dear Parent,

Greetings!

This is to inform you that the **Ministry of Human Resource Development in collaboration with CBSE**, has undertaken an initiative, and created a web page named **MANODARPAN-Psychological Support for Mental Health & Wellbeing** which covers a wide range of activities to provide psychological support to students, teachers and families during COVID outbreak and beyond.

The web page contains advisory, practical tips, posters, videos, do's and don'ts for psychological support, FAQs and online query system.

Also, a National Toll-free Helpline (8448440632) has been setup for a country-wide outreach to students from Schools, Colleges and Universities. This unique helpline shall be managed by a poll of experienced counsellors/psychologists and other mental health professionals who will provide tele-counselling to the students to address their mental health and psychological issues.

You are requested to note the above information and avail the facility, if needed.

*Wash your hands frequently and stay safe from COVID-19.*

Warm Regards,

**Anupama Chopra**  
**Principal**

*(This is an electronically generated document, hence signatures are not required).*