Society & Social Justice · GS - II

Discuss the importance of school-based mental health support in addressing student distress and preventing suicides in India. Suggest measures to make such interventions effective.

EXAM YEAR	PAPER	SUBJECT
DAILY PRACTICE 02/11/2026	GS - II	Society & Social Justice

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Student well-being; early identification; trained counsellors; stigma reduction; family participation; referral systems; teacher training; confidentiality

Model Answer

Introduction

Academic pressure, bullying, social isolation and family difficulties can affect students' mental well-being. School-based mental health support can help identify distress early and connect students with appropriate assistance.

Importance of School-Based Support

1. Early Identification: Trained counsellors can recognise signs of emotional distress and facilitate timely professional intervention.

2. Safe Learning Environment: Anti-bullying measures, inclusive classrooms and supportive teacher-student relationships can reduce stigma and encourage students to seek help.

3. Holistic Development: Mental health support complements academic learning by promoting emotional resilience, healthy relationships and coping skills.

4. Crisis Response: Clear referral procedures can connect students experiencing serious distress with qualified mental health professionals and emergency services.

Challenges

Shortages of trained counsellors, inadequate funding, stigma and concerns about confidentiality may limit effectiveness, particularly in rural and underserved schools.

Way Forward

Governments should establish minimum counselling standards, recruit trained professionals, train teachers to recognise warning signs and provide age-appropriate mental health education. Schools should maintain confidentiality, involve families sensitively and create accessible referral pathways to healthcare services. Regular monitoring should assess service quality without labelling students.

Conclusion

School counselling is an important preventive measure, but it must form part of a wider, adequately funded mental health system involving schools, families, communities and healthcare providers.

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