

**Government College Amargarh**  
**UMMEED**  
*Understand, Motivate, Manage, Empathize, Empower, Develop  
Prevention of Suicide*

**Guidelines:**

Mental health and well-being are essential to holistic development, as emphasized by the National Education Policy (NEP) 2020, which promotes both cognitive and affective growth. Poor mental health among students can lead to serious emotional distress and, in extreme cases, self-harm or suicide. Guided by the belief that "Every Child Matters," the guidelines stress suicide prevention in colleges through sensitivity, support, and early intervention.

**Immediate Response to Warning Signs:**

1. Notice & Approach: Stay calm and show care
2. Listen: Provide a safe, non-judgmental space
3. Refer: Inform National Task Force Committee and counselor
4. Support: Principal and parents informed; follow-up ensured

**Immediate Response SOP (Self-Harm-College)**

1. Stay calm and ensure the student's immediate safety
2. Gently remove any means of self-harm without force
3. Do not leave the student alone
4. Inform the National Task Force Committee immediately
5. Ensure medical and counseling support
6. Principal to inform parents with sensitivity
7. Maintain records and ensure follow-up support

