



AMITY UNIVERSITY
— **UTTAR PRADESH** —

**Mental Health Promotion, Access and
Wellness Policy**

1.0 Short Title, Application and Commencement:

- 1.1 This Policy may be called Amity University Uttar Pradesh Mental Health Promotion, Access and Wellness Policy, 2023.
- 1.2 This Policy shall apply to all faculty members/scientists/ staff, research scholars and students at Amity University and its campuses.
- 1.3 This policy establishes the objectives and parameters of the The Mental Healthcare Act 2017 (MHCA 2017) in India which specifically addresses patients' rights and establishes the moral and legal standards for mental health care.
- 1.4 The Policy shall come into force with effect from the date of approval.

2.0 Objective:

- 2.1 Ensure access to mental health care and services across the university.
- 2.2 Improve access to mental health care, with a focus on vulnerable groups, including people from disadvantaged backgrounds.
- 2.3 Reduce the risk, occurrence, and rate of suicide attempts.
- 2.4 Protect the rights and safety of individuals with mental health issues.
- 2.5 Fight the stigma related to mental health problems.
- 2.6 Strengthen the availability and equitable distribution of skilled mental health professionals.
- 2.7 Conduct awareness workshops and panel discussion on Mental Health related issues.

3.0 Procedure/Practices:

- 3.1 Amity University fully endorses the need of Mental Health Support to its staff and students as per the government policies. The University is conscious towards its access to all staff and students on Mental Health related issues.
- 3.2 This policy fosters culture of inclusion and sensitivity towards the Mental health needs of all students, faculty, staff and internal stakeholders.
- 3.3 The policy helps in inculcating destigmatization environment and assists the employees to face the challenges and help them in coping with the Mental Health concerns.
- 3.4 This policy helps in developing a preventive approach and create an open and supportive environment within the University.
- 3.5 Conduct training workshops to raise awareness and promote empathy among employees regarding mental health issues.
- 3.6 Provide employees facing these challenges and help them in the recovery process.
- 3.7 The University will work towards reducing the risk factors that might negatively impact the mental well-being of our employees. So, we will take steps to minimize the instances of discrimination and stress.

- 3.8 The mental health and well-being will be ensured by routinely monitoring throughout the organisation, maintaining regular and clear lines of communication with all staff, for example during monthly faculty meetings. IQAC meetings, one to one meeting.
- 3.9 The University has established open communication through reporting systems across the functions and processes.
- 3.10 As per the Mental Health Promotion, Access and Wellness Policy, the University already has established the following centres/departments:
 - 3.10.1 Amity Centre for Happiness and Well Being
 - 3.10.2 Amity Institute of Behaviour Health and Allied Sciences (AIBHAS)
 - 3.10.3 Amity Centre for Guidance and Counselling (ACGC).
- 3.11 These platforms offer opportunity and resources to build happiness among students, faculty and community members. This also aims to enhance quality of life and productivity as an asset to community. will be enhance their quality of lives, develop clarity, confidence and be a great asset to the community.
- 3.12 The University's institute AIBHAS has qualified Mental Health Professionals as per the norms of Mental Health Care Act 2017.
- 3.13 The Happiness and Wellness Centre and ACGC services are provided free of charge. Any staff/student who feels the need for it has open access to these centres.
- 3.14 The policy covers wide range of clinical and behaviour issues.

4.0 Resources and Responsibilities:

4.1 The Mental Health Promotion, Access and Wellness Committee will be the authority for the execution of the above policy under the guidance of the Vice-Chancellor, AUUP

4.2 The revision in the policy will be done time-time as per the need of the changes in Government policy and other circumstances, under the guidance of the Vice Chancellor, AUUP

5.0 Communication:

This policy is disseminated to all the internal and external stakeholders by placing the same on the University website.

6.0 Approving authority:

The Vice-Chancellor, AUUP shall be the approving authority for implementing actions related to Mental Health related activities at the campus.

7.0 Review of policy:

The policy shall be reviewed periodically to ascertain the effectiveness of the implementation of mental health access policy.
