

School Mental Health Readiness Checklist

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Tick what your institution already has in place. Anything unticked is your wellbeing roadmap.

1. Policy & Compliance

- ☐ We have reviewed the latest CBSE circulars on student counselling and wellbeing
- ☐ We are aware of the Supreme Court's 2025 guidelines on student mental health
- ☐ A written student wellbeing / counselling policy exists and is current
- ☐ A written confidentiality and safety / referral protocol is in place

2. People

- ☐ A qualified counsellor is available to students (recommended 1 per 500 students)
- ☐ The counsellor's qualifications and supervision arrangements are documented
- ☐ A named staff member owns the wellbeing programme at leadership level

3. Student Access

- ☐ Students know who the counsellor is and how to reach them
- ☐ Students can reach support privately (e.g. message / chat / call), not only by walking in
- ☐ Counselling is available beyond a single fixed time slot
- ☐ Students at risk are identified through screening, not only self-referral

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4. Teachers & Parents

- ☐ Teachers receive regular training on recognising and responding to distress
- ☐ Teachers have a clear one-step referral pathway to the counsellor
- ☐ Staff have access to wellbeing support for themselves
- ☐ Parents receive awareness / guidance sessions during the year

5. Monitoring & Culture

- ☐ Wellbeing activity is reported to management (monthly / quarterly)
- ☐ Student awareness programmes run through the year, not only in crises
- ☐ Exam seasons include planned stress-management support
- ☐ Programme impact is reviewed at least annually

How did you score?

16+ ticked — strong foundation; review annually. 10–15 — good start; close the access and training gaps first. Below 10 — your students likely have no realistic route to help today.

Want help closing the gaps? Let's WhatsApp:

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