

PRESS NOTE

Youngsters in depression and with suicidal tendencies seek the support of Psycho social counselling services CP Rachakonda.

Since this launch on 10th May,2021 with a team of 14 Counsellors/Clinical Psychologists, 253 persons have called the psycho social counselling service number of Rachakonda and the counsellors addressed their issues by equipping them with positive affirmation, a few tips and actionable strategies, said Sri Mahesh Bhagwat IPS, CP Rachakonda, Calls of deep concern are those relating to suicide, he added. The counselling service received 9 such calls. Counsellors say a person to hear and a timely support for mental health issues prevent suicides. In case of a person who called with frustration and sad mood due to uncertainty caused by Covid, had a thought of attempting suicide. The counsellor tried to understand the thoughts and helped him to get out of helplessness. He was explained that everything passes off and this too shall. But he only has to be patient and prepare himself to be resilient and face the challenges of life. Another person called to speak about his brother who is 27 yrs old trying to attempt suicide due to failure in love. He was advised to admit his brother in Institute of Mental Health. Accordingly, he was admitted and now undergoing treatment.

Many calls were from young people who are in depression and are feeling low in the uncertainty caused by Covid. Be it a software employee or a student or a hawker, everyone has a certain degree of fear of future in the covid situation.


Counsellors gave case specific advised with some inspiring words such that one of them has called back and said that when unknown people are trying to help her, why can't she help herself and thanked Rachakonda Police for bringing such service for the citizens.

CP Rachakonda said that the fear of suffering is dangerous than the actual suffering. In this period of pandemic, while there are many affected with covid, there are even more affected with the fear of covid and even more who suffered the brunt not because of covid but because of the fear of covid. While those affected with covid can be treated

as they can be diagnosed, of concern are those who are suffering silently with no chance to share or treat their fears.

Considering these mental health challenges as important as physical health services, CP Rachakonda said the psycho social counselling service was launched with 14 counsellors. Of the 253 calls received so far, 78 were stress related, 52 were covid related mental health issues, 15 were depression related, 18 with several psychological problems, 9 with suicidal tendencies, 7 were pertaining to marital issues and rest due to several other reasons like health issues. He said any one can call the service on 040-482 14800 during the week days from morning 9 am to 9 pm to share and vent their feelings and fears so that the professional counsellors offer their advice or treatment as required.

Sri Mahesh Bhagwat IPS Commissioner of Police Rachakonda commended the services of the Counsellors in protecting the lives of the people who were with thoughts of suicide. He appreciated Amina Hussain, Kavita Natarajan, Dr Anita Are who are leading the team of 11 counsellors consisting of Devi Sheshadri, Keerthi Reddy, Suchita Abraham, Lakshmi, Aakriti Agarwal, Krishna Mohan, Srivalli, Angela David, Kaumudi Nagaraj, Nalini Kishan and Kiranmayee




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Contact Details

 **040- 48214800**

 **09.00 AM to 09.00 PM (Mon-Sat)**



Coping with stress during the **COVID-19** pandemic..?



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world not even our troubles."*

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