

Post Graduate Government College for Girls

Sector 42, Chandigarh



The Ambassadors Alumni Association in collaboration with the Department of Psychology organized an interactive session on 'Mental Health & Suicide Prevention' by Ms. Harpreet Kaur (Child & Youth Mental Health Counsellor based in Canada) on 11th October, 2023. Ms. Harpreet Kaur is also an alumna of the college from 1993-96 batch and an expert in dealing with mental health problems. She has provided, a range of direct clinic service to children and youth with serious emotional, psychological, behavioral and psychiatric disorder. She has also conducted mental health assessments and created treatment plans based on these assessments.

Ms. Harpreet Kaur gave an interesting and engaging lecture on the crucial problems surrounding mental health and the prevention of suicide. She highlighted that mental health is as important as physical health, and that everyone has experienced or suffered mental health issues at some point in their lives. The lecture was quite interactive, and the students were encouraged to talk about their own personal experiences with mental health and to name resources that they might find useful if they were experiencing with issues related to their mental health. She spoke about the practical coping skills and self-care practices as ways to assist individuals in managing stress, anxiety, and other mental health difficulties.

The students received a greater awareness of mental health, including typical issues, stigmas, and the need of getting assistance when it is required. The purpose of the event was to provide helpful insights, resources, and assistance to students who are struggling to deal with these urgent challenges.



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