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Sukoon Health and O.P. Jindal Global University launch mental health centre on campus

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Recent studies highlight a growing mental health crisis in educational institutions



Sonipat-based O.P. Jindal Global University (JGU), has partnered with Gurugram-based startup Sukoon Health, to launch a mental health centre within the university premises. This pioneering step marks a significant advancement in addressing mental health challenges faced by college students.

“With this partnership, JGU aims to ensure easy access to mental health care services, thereby fostering a community that prioritises mental health and promotes emotional prosperity, “ said Prof. (Dr.) C. Raj Kumar, Vice Chancellor, O.P. Jindal Global University.

"Sukoon Health takes pride in announcing the association with O.P Jindal Global University to set up a first-of-its-kind, comprehensive mental healt care set up on a university campus, making world-class mental health services accessible to students. The service, which is designed around student mental health, apart from providing assessment, counseling, therapy and medical treatments, includes several unique initiatives like preventative strategies, awareness sessions, self-help sessions, managing academic stress, resilience building, relationship management, early screening, crisis intervention, suicide prevention strategies etc.,” said Dr Satish Ramaiah, Executive Director of Psychiatry Services, Sukoon Health.

Recent studies highlight a growing mental health crisis in educational institutions. Students face increased risks of anxiety, depression, and other mental health issues due to a confluence of factors. These include academic pressures, competitive exam stress, societal expectations, and a lack of robust mental health education and resources. Additionally, the stigma associated with mental health can prevent open discussions and seeking help, exacerbating the situation.

An internal survey at JGU also reveals that while 90% of students acknowledge the reality of mental health concerns, a staggering 52% feel a lack of access to necessary services.