

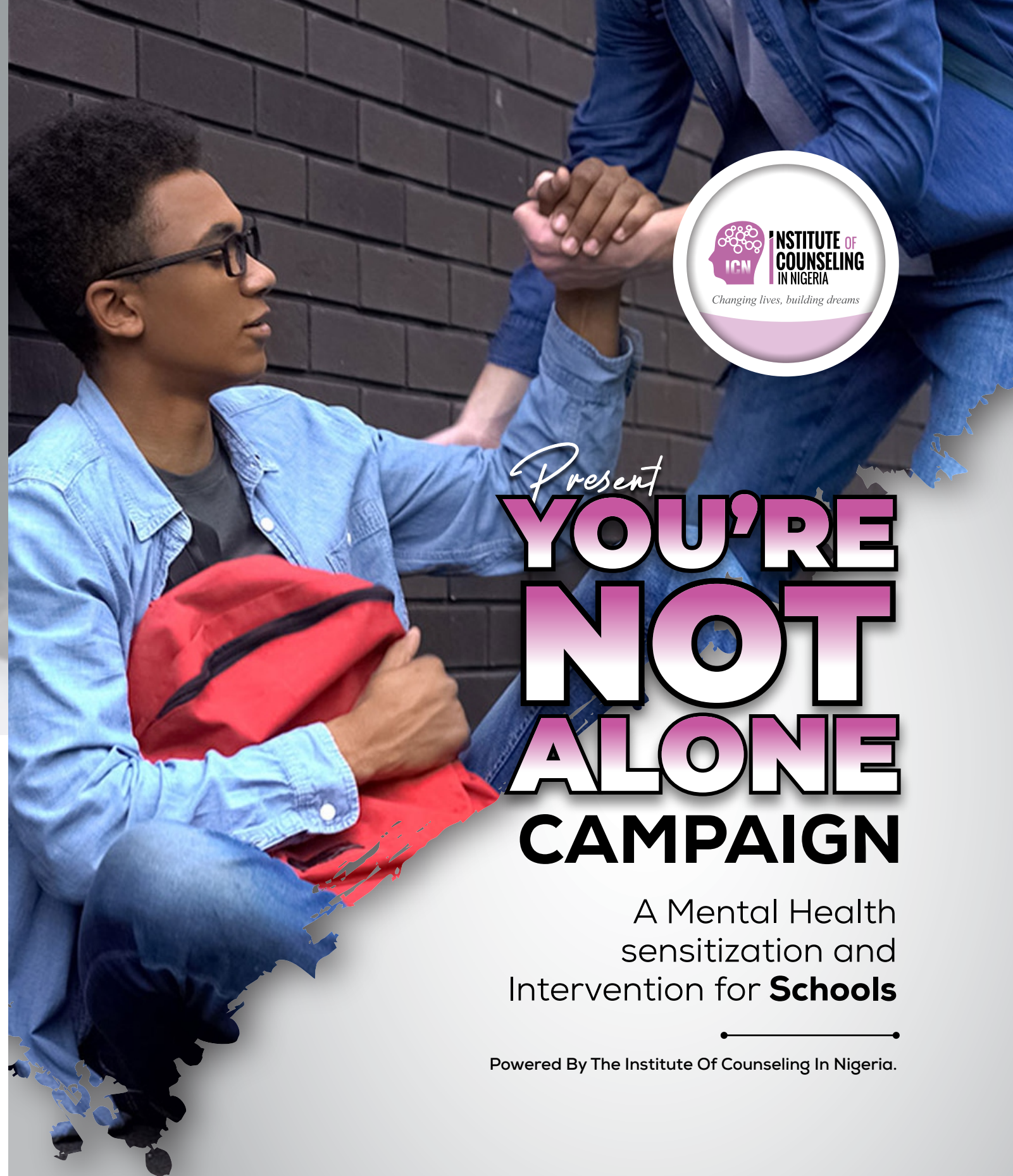


# THANK YOU

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Present

# YOU'RE NOT ALONE CAMPAIGN

A Mental Health sensitization and Intervention for **Schools**

Powered By The Institute Of Counseling In Nigeria.



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You're not alone campaign





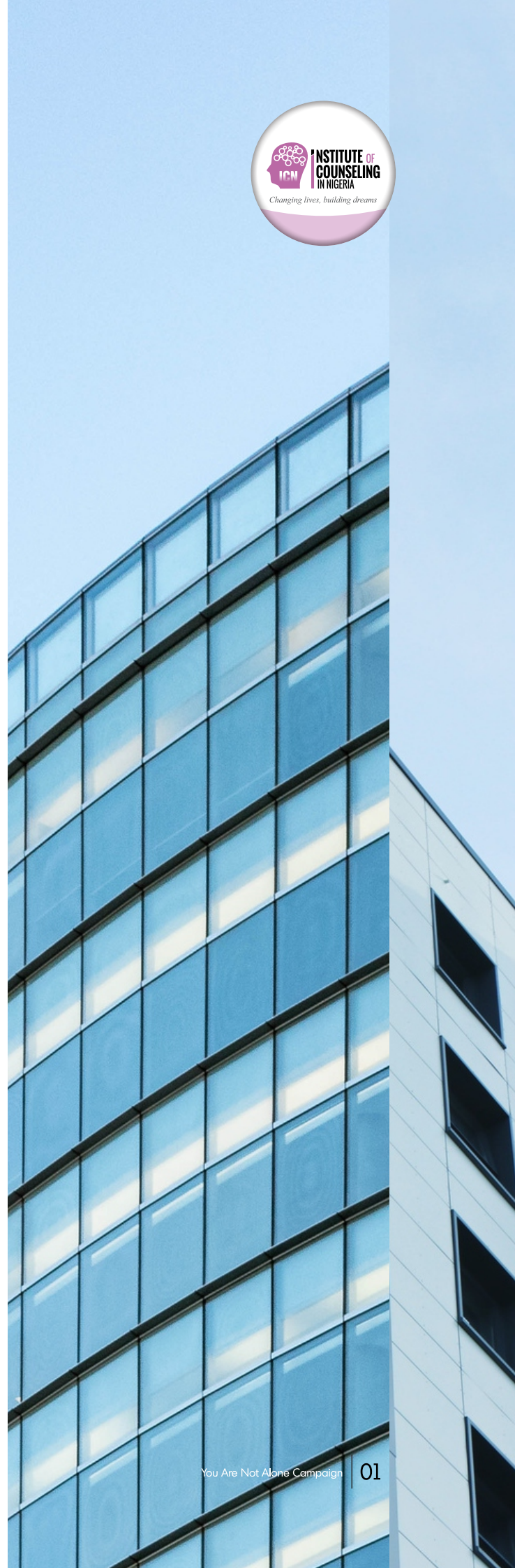
# THE INTRODUCTION

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According to a recent survey by WHO, Nigerian children are the most pressured to succeed in the whole world.

Recent research suggests that one in six students aged 5 to 16 years are currently experiencing one or more psychological, emotional, or social difficulties, and less than 10% have access to therapeutic help. Unfortunately, students in their teenage years find it difficult to open up about their personal challenges to familiar faces such as teachers and even the school counselor. It is therefore imminent for every success-focused school to be more creative with providing therapeutic help.

Unfortunately, most of these issues are not being attended to due to ignorance and lack of access to competent Mental health counselors.



# AIMS & OBJECTIVES

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- Supporting the school in raising optimally functional children and adolescents.
- Developing evidence-based programs to provide positive school culture and promote student skills in dealing with bullying and conflicts, solving problems, developing healthy peer relationships, engaging in activities to prevent suicide and substance use, and so on.
- Developing early intervention services for students in need of additional support to deal with grief, anger, anxiety, sadness, and so on.





- Developing treatment programs and services that address the various mental health needs of students.
- Developing a school culture in which teachers and other student support staff are trained to recognize the early warning signs of cognitive, behavioral, emotional, and social issues in their students.
- Developing a referral process to ensure that all students have equal access to services and supports.





# THE FRAMEWORK

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## EARLY IDENTIFICATION

We shall conduct psychological evaluations on all students in order to discover the presence of any behavioral, emotional, or social problems. This will give our specialists a good direction in their interventions. Annual re-evaluation and mandatory new student assessment are highly recommended.

## PREVENTION STRATEGY

Periodic psychosocial lectures tailored towards empowering students and building their competencies in dealing with various learning, behavioral, emotional, and social challenges they may be faced with. We shall assist the school in developing accepting and non-judgmental mental health policies.





# THE FRAMEWORK

## PROMOTION STRATEGY

We shall provide the school with psycho-educational materials to create psychosocial awareness within the school community. Also, develop training & Discussion of wellness topics for students, staff & parents.





## INTERVENTION STRATEGY

When a symptom of any behavioral, emotional, or social problem is identified in any student, our trained experts swiftly swing into action by conducting thorough psychological assessments and therapeutic sessions with the student. A tailored intervention would also be in place for friends, classmates, hallmates, and families of such students.



# THE MODALITIES

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- Training is aimed at empowering and equipping parents with the skills needed to support their family, especially their children psychologically, emotionally, and socially.
- Training is tailored to equip academic, hostel, and management staff with skills needed to self-help and most importantly to observe and understand the rudiments, peculiarities, and challenges of students' behavioral, emotional, and social development in order to provide adequate therapeutic support to students.
- A holistic approach to building a culture of mentally aware children through identification, sensitization, and training, as well as prompt, safe, professional, and confidential intervention for students.



# YOU ARE NOT ALONE PLATFORM



A customized electronic platform shall be created for academic and non-academic staff members of this school in order for each member of staff to seek therapeutic help for personal challenges (such as career issues, emotional traumas, marital/family challenges, etc) with the utmost confidentiality. A prompt intervention shall be provided immediately after submission.

Alternatively, a specialized box shall be provided for members of staff who can submit their request for therapeutic support. This box shall be treated with utmost confidentiality as only our assigned specialists shall have access to this box.





# IN CONCLUSION

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There is no health without mental health and professional counseling has gone beyond just helping students with career choices. The Mental health of the students should be made a priority because no student can learn when overwhelmed by emotional, social, behavioral, or psychological issues.



Every citadel of learning that desires the holistic wellness of its students and their academic community is key to all the models provided by our intervention framework. However, priorities can be given to any of the models that are ultimately needed at any given period of time.







