

Fortis Healthcare extends helpline for school students appearing for Exams to help with stress management

February 09, 2015, New Delhi: To reaffirm the commitment of **Fortis Healthcare** to ensure emotional health and well-being of students at various levels of academics in school, India's leading integrated healthcare delivery service provider is running a helpline program as a continuing service for the benefit of the students appearing in the forthcoming examinations as part of the **Fortis School Mental Health Program**.

The Program which has been an ongoing process every year during school examinations is following a necessity expressed by students and parents who have benefitted from it. The program has a helpline number +918376804102 on which students or parents with queries related to stress, mental well-being related to exam can call and consult a team of Mental Health specialists.

Dr. Samir, Director, Mental Health and Behavioural Sciences, opines, "Exams can be a stressful experience for students, parents and teachers alike, but as mental health professionals, we believe that we can play a significant role in mitigating this distress. Using evidence based practices, our team of psychologists can impart skills to help students improve concentration and recall, organize their preparation better and enhance their ability to cope with the psychological burden that comes along with exams. Through our helpline we want to help students to deal with emotions such as helplessness and isolation and overcome their fears and nervousness."

Under the aegis of **Dr. Samir Parikh**, the Department and team has been engaged with schools across the country through the Fortis Pro-social Peer Moderator Program and the Fortis School Counselors' Forum. In a continuing bid to reach out to these students and parents a counselor will be available seven days a week for anybody who is struggling to cope with exam related concerns.

Number: (+91) 8376804102

Timings: Monday – Sunday (9am – 5pm)

About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Singapore, Dubai, Mauritius and Sri Lanka with 55 healthcare facilities (including projects under development), approximately 10,000 potential beds and 270 diagnostic centres. In a global study of the 30 most technologically advanced hospitals in the world, its flagship, the Fortis Memorial Research Institute' (FMRI), was ranked No.2, by 'topmastersinhealthcare.com, and placed ahead of many other outstanding medical institutions in the world.

For more information, please contact:

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