

Fortis launches stress helpline for exam bound students, their parents

Mohali, Jan 22, 2016: It is yet again the time of a year when the clock seems to be ticking faster and time seems insufficient for preparations for both students and parents alike gearing up for final examinations.

To reaffirm the commitment towards ensuring emotional health and well-being of students at various levels of academics in school, **Fortis Healthcare** 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.**

In our endeavor to reach out to students and parents, like every year, this study and **exam helpline** will have a counsellor available seven days a week for anybody who is struggling to cope with exam related concerns.

Dr. Samir Parikh, Director of Department of Mental Health and Behavioural Sciences, Fortis HealthcareLtd. says "A primary stressor for school going children is examinations and their impending results. The pressure experienced by students tends to catapult particularly during this time period and it becomes of paramount importance that support services be incorporated which can aid a student in studying effectively, making the right choices and combating the effects of stress efficiently. In a bid towards this end our department is presently offering workshops on Study and Exam Skills which can be availed by any school free of cost. Simultaneously we have launched our National Helpline on which our Psychologists would be available from 9am to 5pm, 7 days of the week to guide students and their parents and provide crisis intervention as well. The idea is to ensure that if a student is struggling with their thoughts or feelings or are stuck and unsure about how to proceed further with their preparations, there is ready guidance available."

The Department of Mental Health and Behavioural Sciences at Fortis Healthcare runs a robust School Mental Health program under the banner of which several workshops and seminars are offered to schools and the novel initiatives of the Fortis Prosocial Peer Moderator program and the Fortis School Counsellor Forum are being conducted.

About Fortis Hospital Mohali

Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

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