Reclaiming Our Mind: Why Talking to a Counsellor Isn't What You Think

Navigating Stress, Family Expectations, and the Power of Seeking Support

A reality check on what mental health support *actually* looks like.



The invisible backpack

Everyone carries something we cannot see.

What could make that load easier?



A conversation at home

“I’ve been finding things difficult.
I’d like to speak with someone trained
to help me work through it.”

**“Could we ask how counselling
works first?”**

What Is Counselling?

Counselling is simply... ☒

A safe space to talk

With a trained person who listens without judging

Confidential

Your story stays private, except when your safety is at risk

For everyone

Exam stress, friendships, family, confusion, sadness

Skill-building

You learn tools to handle feelings and decisions

THE "WHAT WILL PEOPLE SAY?" TRAP

- **THE GOSSIP FILTER:** In our culture, social standing matters. We fear that being seen near a counsellor’s office labels us as "weak" or "unstable."
- **THE FAMILY RULE:** Many of our families grew up believing that home issues stay at home, making outside help feel like a betrayal.
- **THE TRUTH:** Your mental health is *yours*, not the neighborhood's. Seeking support isn’t a sign of failure; it’s an act of courage to fix a problem before it breaks you.

Game • Myth or Fact?

Myth or Fact? ❌

“Counselling is only for pagal log.”

“Log kya kahenge?”

“Strong people don’t cry.”

“Ghar ki baat ghar mein rehni chahiye.”

“Pooja-paath se sab theek ho jaayega.”

“Counsellor sabko bata dega.”

Shout it out: MYTH or FACT? ❓

The Truth

All six were myths. Here's the truth ☒

- Counselling is for anyone who wants to care for their mind
- Your wellbeing matters more than others' opinions
- Crying is release, not weakness, for everyone
- Sharing pain with a trusted person protects the family
- Faith and counselling can walk together
- Counselling is confidential and safe

When to Reach Out

Signs it’s time to talk to someone ☒

- Sleep changes: too little or too much
- Eating much more or much less
- Pulling away from friends and family
- Getting irritated or angry very easily
- Losing focus; marks dropping
- Feeling hopeless or empty for 2+ weeks

Who to talk to: your school counsellor • Tele-MANAS 14416 (free, 24×7, govt. helpline)

The label and the person

A student books counselling.
What do we actually know?

Only that they are seeking support.





A place to untangle things

Counselling offers space to understand what you feel and what may help.

You can seek support before a crisis.



Privacy with clear limits

“What stays private?”
“Who might you need to involve?”
“How will you keep me informed?”

These questions belong in the first meeting.

IT'S OK TO

ASK QUESTIONS

MAKE MISTAKES

NOT KNOW IT ALL

ASK FOR HELP

START OVER AGAIN

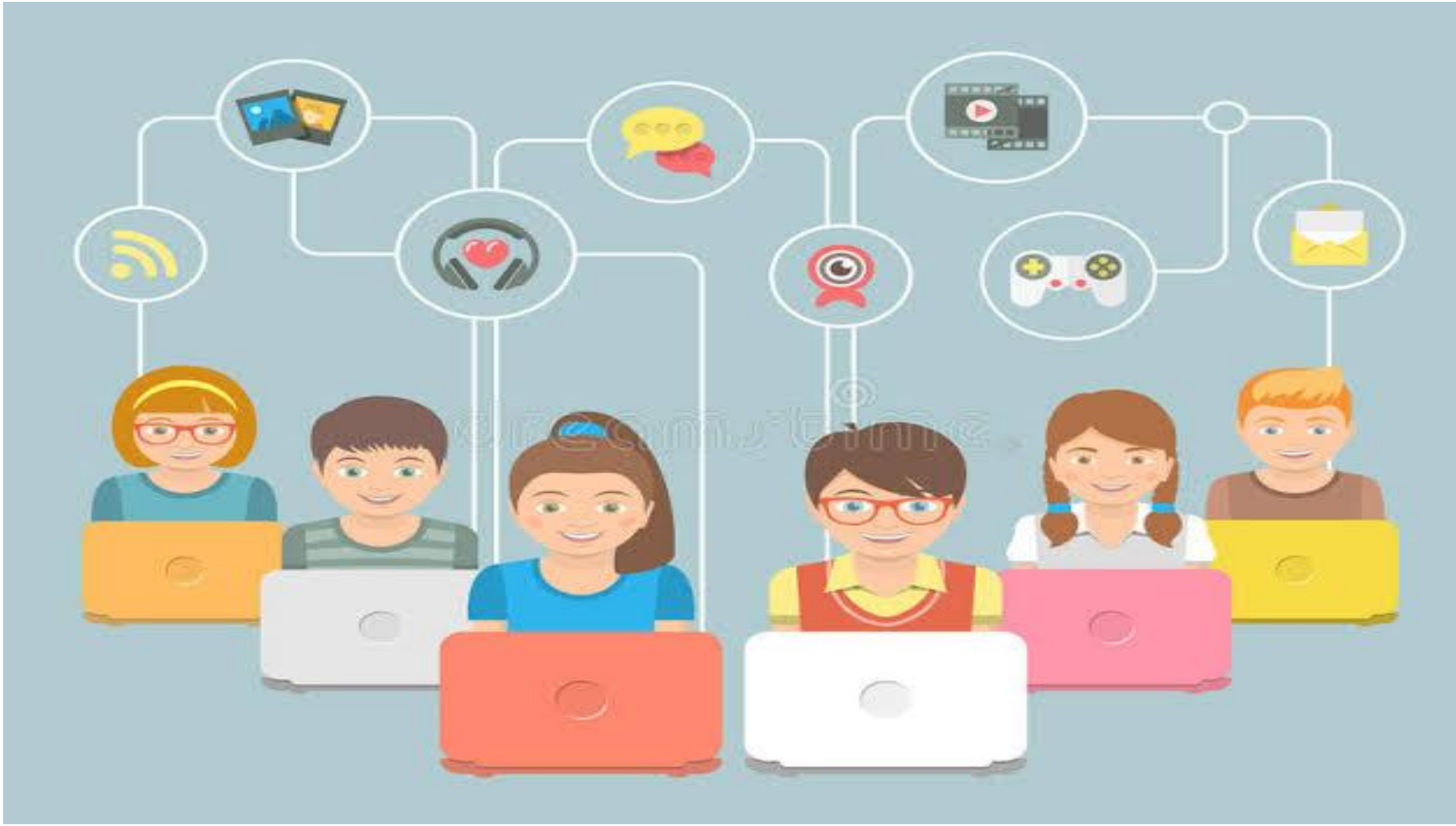
BE YOURSELF

HAVE A BAD DAY

Reclaiming Our Mind: Breaking Myths and Owning Your Digital World

Navigating Social Media, AI Dependency, and the Power of Self-Investment





WHY YOU CAN'T PUT IT(MOBILE OR A GADGET) DOWN

- It's a Dopamine loop we are caught in.
- The Brain gets hooked to the reward system waiting and this unpredictability keeps us hooked to it
- What Social media actually offers isn't connection it's presence without risk. A feed of people who are 'with' you, who never disagree, never push back, never ask a hard question, never catch you at your worst, no criticism!!!!

AI DEPENDENCY: THE SUPERPOWER & THE TRAP



- **GPS system, AN ANALOGY**
- *The Disadvantage:* If you use a GPS every single day for paths you already know, your brain loses its natural sense of direction. Over-relying on AI to think, write, and resolve problems for you creates **cognitive atrophy**—your own critical thinking muscles shrink.

USE IT, DON'T LET IT USE YOU

- **Pause:** Notifications off during study/sleep, phone out of reach at night.
- **Check:** After scrolling, notice if you feel better or worse; unfollow what makes you feel "less."
- **Think first, then AI:** Try it yourself first, use AI to check or explain, and verify what it tells you for anything heavy, talk to a real person.

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