

OUR MISSION

Prioritize mental health well-being among the student population. Raise awareness, break the stigma, and introduce healthy coping mechanisms.

HOW WE HELP

We conduct practical workshops to raise awareness and break taboos. Collaborate with schools to establish mental health facilities. Facilitate communication channels between students and schools.

IMPACT

Research by Dhaka Medical College shows instant positive results from our workshops. We are currently working with three partners and actively engaging with six schools. It is dedicated to supporting students and families affected by mental illness.

Vision:

We want to create a society where all students have access to the mental health resources they need to thrive.

Why now ?

At Project Rummana, we prioritize the holistic well-being of students in Bangladesh. As part of our commitment to supporting their academic success and personal growth, we recognize the critical role of mental health counseling. In this article, we delve into why mental health counseling is essential for students in Bangladesh and the positive impact it can have on their lives.

Academic Pressure and Stress:

Bangladeshi students face immense academic pressure due to high expectations and a competitive education system. This pressure often leads to stress, anxiety, and other mental health issues. Our mental health counseling services provide a safe and supportive environment where students can learn effective strategies to manage academic challenges, reduce stress, and enhance their overall well-being.

Addressing Mental Health Stigma:

In Bangladesh, there still exists a significant stigma surrounding mental health. Many students hesitate to seek help or discuss their struggles openly due to fear of judgment or societal misconceptions. Through our counseling services, we aim to normalize conversations around mental health, raise awareness, and create an inclusive environment where students feel comfortable seeking the support they need.

Transitions and Adjustments:

Life transitions, such as entering university or adapting to new environments, can be challenging for students. These changes often lead to feelings of loneliness, homesickness, and anxiety. Our counseling services help students navigate these transitions by providing guidance, coping strategies, and emotional support. We strive to empower students to adapt, thrive, and make the most of their educational journey.

Enhancing Emotional Well-being:

Emotional well-being is integral to academic success and personal growth. Our counseling sessions provide students with a confidential space to explore their emotions, build resilience, and develop healthy coping mechanisms. By

prioritizing their mental health, students can enhance their emotional well-being, leading to improved academic performance, personal fulfillment, and a positive outlook on life.

Addressing Trauma and Crisis:

Bangladesh has faced various challenges, including natural disasters, political unrest, and socioeconomic issues. These events can have a significant impact on students' mental health. Our counseling services play a vital role in helping students process and heal from trauma, offering support during times of crisis, and fostering resilience. We aim to provide students with the necessary tools to overcome adversity and build a brighter future.

Preventing Suicidal Ideation:

Unaddressed mental health issues can escalate, leading to the risk of suicidal ideation among students. Our counseling services are designed to identify and intervene at an early stage, reducing this risk. Our dedicated professionals provide crucial support, intervention, and appropriate referrals to specialized care when needed. We are committed to prioritizing the well-being of our students and ensuring their safety.

Conclusion:

At Project Rummana, we firmly believe in the importance of mental health counseling for students in Bangladesh. By integrating counseling services into the educational system, we aim to promote student well-being, academic success, and personal growth. We invite students, parents, and educational institutions to join us in prioritizing mental health and creating a supportive environment where students can thrive. Together, we can foster a resilient

generation that embraces their potential and contributes positively to society.