

1.Question: What is one primary aim of counseling in helping individuals understand themselves better?

Answer: The goal is to increase self-awareness, enabling individuals to gain deeper insights into their thoughts, emotions, and behaviors.

2. Question: What practical objective does counseling aim to achieve in assisting individuals with managing stress and emotional challenges?

Answer: Counseling endeavors to help individuals develop and refine coping skills, equipping them with effective strategies to navigate life's difficulties more successfully.

3.Question: How does counseling contribute to better communication and connection with others?

Answer: Counseling facilitates the development of improved interpersonal skills, fostering healthier and more fulfilling relationships both personally and professionally.

4.Question: What is a key outcome sought through counseling in addressing harmful patterns and habits?

Answer: Counseling aims to support individuals in identifying detrimental behaviors and cultivating new, more adaptive ways of thinking and acting to promote personal growth and positive change.

5. Question: What specific aspect of emotional well-being does counseling target to help individuals manage their feelings more effectively?

Answer: Counseling seeks to assist individuals in enhancing their emotional regulation skills, reducing distress, and building resilience to better cope with life's challenges.

6.Question: What is the availability of Counsellors at IISER-B ?

Answer:Counsellors are available at the Campus from Monday to Saturday between 9.30 - 5 pm.

7. Question :What is the location of Counselling cell at the Campus ?

Answer : The Counselling Cell is located above Dining Hall III at Room numbers 101,107,108.

8. Question :What are the contact numbers in case of emergency for Counselling Cell Services ?

Answer : The contact numbers in case of any emergency situations are ; 0755-2692397,0755-2692396, 0755-2692395. Also you can drop an email on counsellingcell@iiserb.ac.in

9. Question: How to book a Counselling Session?

Answer: Please visit the IISER-B website and login with your ldap details and open the following link for booking a session with the available Counsellors : [Student - Login | IISERB](#)

10.Question : What are the academic indicators of Distress ?

Answer: Academic indicators can be the following :

- Drop in the work, affecting both quantity and quality.
- Missed exams, assignments, or appointments
- Frequent absenteeism in class, lab, or office
- Sudden incompetence or erratic work performance
- Written or artistic manifestation of themes based on death or focus on
- suicide, unusual aggression, social isolation, morbidity, hopelessness, or
- confusion
- Repetitive seeking of special provisions (deadline extensions, make-up
- exams)
- Patterns of perfectionism: e.g., difficulty in accepting themselves if they
- do not get the desired grade.
- Exaggerated or disproportionate reaction to grades or other evaluations

11. Question : What are the behavioural and emotional indicators of Distress ?

Answer: Behavioural and Emotional indicators of Distress can be the following :

- Aggressive outbursts, shouting, or hostile remarks

- Crying or tearfulness
- Expressions of despair or worthlessness
- Direct statements pointing to grief, loss, distress, domestic disputes, or financial difficulties
- Unusual withdrawal or animated behaviour
- Expressing apprehension or bad temper
- Overly dependent or demanding behaviour
- Unsteadiness, tremors, fidgeting or pacing

12 .Question : What are the physical indicators of Distress ?

Answer: Physical indicators of Distress can be the following :

- Noticeable differences in weight; statements about significant changes in sleep or appetite
- Too much weariness, exhaustion; repeatedly falling asleep in class, lab or office
- Deterioration in physical appearance or personal hygiene
- Frequent or chronic illness
- Noticeable cuts, bruises, or burns
- Looks groggy in class/lab or smelling of alcohol or other substances
- Disorganized speech, rapid or slurred speech, confusion
- Lack of eye contact

13.Question : What are some Safety Risk Indicators ?

Answer: Safety Risk Indicators can be the following :

- Verbal or written statements referring to hopelessness, mortality, or suicide.
- Clear statements such as “I wish I never wake up from sleep” or “Things will be better when I am gone”
- Severe depression, isolation, and withdrawal
- Unresponsive to the external environment; he or she is incoherent or passed out
- Verbal or physical aggression directed to self, others, even animals, or property
- Displaying absolute disruptive behaviour
- The student seems/sounds disconnected from reality/exhibiting psychosis
- You feel the situation is threatening or dangerous to you.

14.Question : When should we take an action ?

Answer: In an emergency situation, action is necessary. You would contact the Counselling Cell/ Health Centre for an immediate consultation. Still, even if there is no immediate risk there is no harm in a simple check-in with the student as it may help you assess a better sense of the situation. It is possible that any one indicator, by itself, may simply look like a student is having an ‘off’ day. Even then, anyone serious sign (for instance, the student writes about seeing no hope, or having thoughts of self-harm) or a

cluster of other signs (for example-noticeable cuts on the arm, repeated absenteeism, and emotional outbursts) indicate that there is a need to act. Use your common sense, sound judgement, intuitive feelings..

15. Question : When to report about something ?

Answer : If you are genuinely concerned about a student or any other person, please take action! As stated earlier it is harmless to offer available resources to a student who is not in need, but there can be grave consequences for failing to follow through with your observations. There are two ways to take action: Refer or Report.

- Contact the Counselling Cell to report your concern. In fact, if you don't really know the student, you may prefer to report the concern. Consulting the Counselling Cell is never a bad idea. The Counsellors can help you ascertain who else should be informed of the situation and/or coach you through making a referral to a student with whom you have never interacted.
- Counsellors will listen to all of it you provide but may not be able to share the findings of assessment or follow-up. While this can feel unsettling at times, it is crucial to safeguard the student's privacy. It is common that the counsellor will need to call you back to provide recommendations. The counsellor may need to consult with other relevant people, discuss with management, research campus policies, etc.
- If the student is already a client of Counselling Cell, the counsellor may need to consult her/his/their treating therapist/psychiatrist. Rest assured that reporting the concern will enable a collaborative approach to finding appropriate resources.
- In many cases, it is not the best approach for the counsellor themselves to reach out to the student. Your consultation may result in a request that you take further steps such as talking to students directly, providing the student a referral to a campus resource, or involving another department on campus. It would be helpful if you will be willing to follow through the counsellor's recommendations.
- If a counsellor determines there are chances that it will be like making cold contact with the student, you can help by considering giving permission to use your name as the referral source. It is challenging for a counsellor to cold call a student and explain the reason for the call without providing context. At the conclusion of the consultation, it is wise to document actions you have taken and any follow-up.
- Refer a student to the Counselling Cell through email or a call. They may be feeling elevated levels of emotional pain and may also be experiencing anxiety and/or depression. One goal of therapy is to help the student express their feelings and to develop more adaptive coping mechanisms to deal with their distress.

16.Question : What if the student or the person refuses Help?

Answer : If the student refuses help and you are still concerned,immediately call the Counselling

Cell or Health Centre for consultation.