



On the occasion of World Mental Health Day 10th October 2024, the Health Centre, Psychological Counseling Unit, University of Hyderabad, launched a pamphlet highlighting this year's theme of World Mental Health Day - **“It is time to prioritize mental health at work place”** and highlighted ways and means to promote mental health as it is the backbone of human health. Since we spend half of our living time at the workplace, having positive mental, social, and psychological habits help in promoting healthy mind and healthy life.

The Vice-chancellor Prof. B.J. Rao released the poster on the occasion and the Registrar Dr. Devesh Nigam graced the occasion. The Vice-Chancellor stressed the importance of mental health especially at the workplace as it has a major role in promoting a healthy institution. The Registrar in his message asked the Health Centre to take all the necessary measures to promote positive mental health at the workplace in the University.


UNIVERSITY OF HYDERABAD




**PSYCHOLOGICAL COUNSELLING UNIT
HEALTH CENTRE**

It is Time to Prioritize Mental Health in the Workplace

Contact Psychological Counsellors

Dr. Hymavathi - 9515667087 **Mr. Subhash - 8008477643**
psychologicalcounselor@uohyd.ac.in psychologicalcounselor@uohyd.ac.in

Health Centre: 040 23132400
healthcentre.uoh@gmail.com


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**PSYCHOLOGICAL COUNSELLING UNIT
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Ways to Promote Mental Health

Mental Health matters # Let's Talk # Help is Available
Helpline: 9515667087; 8008477643 (24x7)
 Psychological Counselling Unit,
 Health Centre, University of Hyderabad

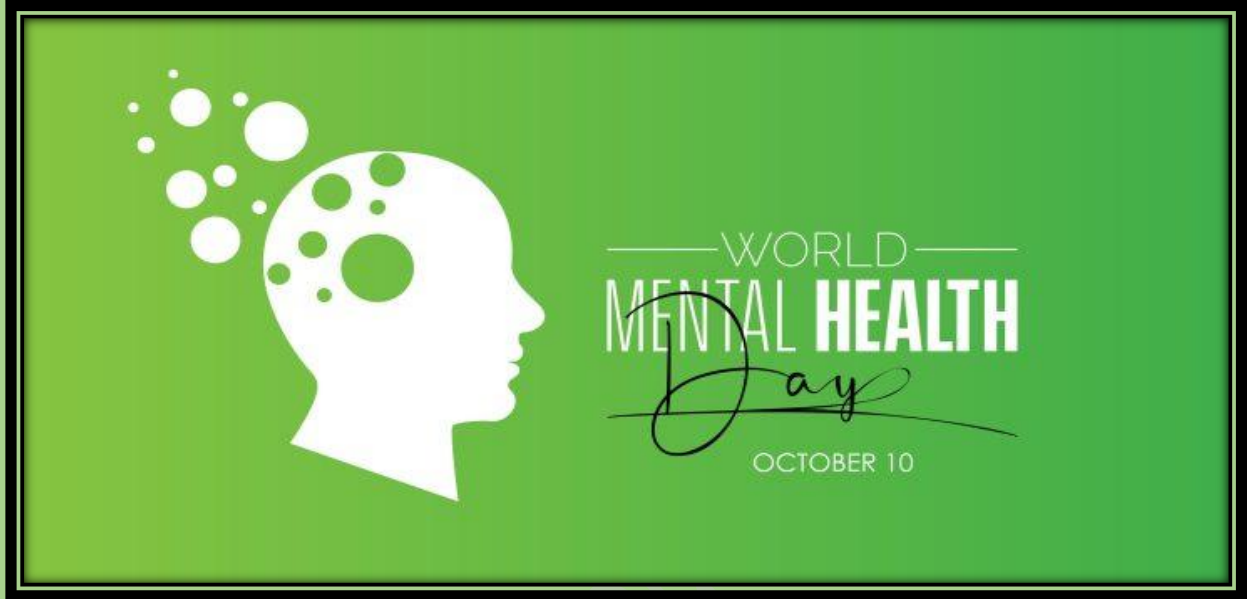




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Ways to Promote Mental Health

Practice yoga and meditation

Be positive. Have a good work - life balance

Sleep well

Stay away from tobacco, alcohol and addictive substances

Keep active & engage in recreational activities

Talk about your feelings

Mental Health matters # Let's Talk # Help is Available

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Psychological Counselling Unit,
Health Centre, University of Hyderabad