

## Mental Health Problems in College Students of India

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**Abstract :** "Looking after one's mind is as important as looking after one's body". As part of one's overall health, mental and emotional health or well being is a necessary condition to enable one to manage one's life successfully. Mental health is the capacity of an individual to form harmonious adjustments to one's social and physical environments. Universities and colleges are dealing with substantial challenges posed by the changing mental health needs of today's college students. It is important for administrators, faculty, and staff to understand the profound impact that mental health problems can have on all aspects of campus life, and to treat mental health issues as an institutional responsibility and priority. Counselling centres can respond effectively to the current challenges if they have the support and commitment of the administration; and if they take steps to balance the demand for services with existing resources by reviewing priorities, establishing appropriate limits, employing innovative strategies, and practicing good self-care to minimize stress and burnout. The need for counselling centres has never been greater. They will continue to play an important role in supporting the mission of higher education institutions by providing counselling for students who are experiencing problems and assisting them in achieving their educational and personal goals.

**Keywords :** mental health, well being, India, college students

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