

VIDEO SUMMARY

Spring Semester 03: Counting

Resource person: GuruSetu | An animated series for teachers in Indian higher education
Spring Semester 03: Counting | Spring Semester | psychological-literacy

Kabir notices that Dev is missing morning classes and music practice. His first attempt to help becomes a lecture and closes the conversation. Joseph helps him try again with observations, concern and an offer of company. Dev eventually agrees to speak to a counsellor. The story gives a worried friend a manageable role without making him responsible for treatment.

Begin with what you have noticed, say that you are worried, and offer to be there; then make space to listen. Use changes you naturally observe in shared life; do not search a friend's belongings, messages or private accounts. Predictions of ruin and a lecture about consequences made Dev defensive rather than helping him describe what was happening.

Help the student contact an appropriate professional and accompany them if they want support getting to the first appointment. If someone cannot be woken, has unusual breathing or seems in immediate danger, seek emergency medical assistance without waiting for a counselling appointment.

In practice: Practise a short conversation using an observation, concern and an offer of support. Locate the campus medical and counselling routes before you need them.