



Hyderabad Karnataka Education Society's

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MAHADEVAPPA RAMPURE MEDICAL COLLEGE

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ಹೈದರಾಬಾದ್ ಕರ್ನಾಟಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ

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Recognised by the National Medical Commission of India - Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru

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Date : 15-06-2026

Standard Operating Procedure (SOP) for Mental Health Emergencies.

Mental Health Emergency SOP for Students and Faculty of Mahadevappa Rampure Medical Kalaburagi, Karnataka.

1. Identifying a Mental Health Emergency

A mental health emergency includes, but is not limited to:

1. Immediate risk of suicide or self-harm- any suicidal ideation reported by the student, suicidal thoughts, self mutilation, reported thoughts or ideations.
2. Severe panic attacks or extreme distress
3. Psychotic episodes or disorientation
4. Severe depression

A student may be experiencing significant distress if they exhibit:

Emotional Signs:

- * Excessive sadness, anxiety, or irritability.
- * Sudden mood swings or emotional outbursts.
- * Expressions of hopelessness or worthlessness.
- * Social withdrawal from peers, faculty, or activities.

Behavioral Signs:

- * Noticeable changes in academic performance (e.g., missed assignments, frequent absences).
- * Sudden lack of motivation or disinterest in studies.
- * Increased substance use (alcohol, drugs, excessive smoking).
- * Increased conflicts with peers or faculty.

Physical Signs:

- * Neglect of personal hygiene or sudden weight changes.

- * Frequent headaches, fatigue, or unexplained physical complaints.
- * Sleep disturbances—insomnia or excessive sleeping.

Verbal Cues:

- * Mentioning feeling "trapped" or like a "burden."
- * Talking about "not being here anymore" or wishing to "disappear."
- * Frequent self-deprecating statements.

Signs of a Student Experiencing Psychosis

Psychosis involves a loss of contact with reality and may present with the following:

Cognitive Signs:

- * Disorganized thoughts, confusion, or difficulty following conversations.
- * Trouble concentrating or responding to questions appropriately.
- * Paranoia—believing others are plotting against them.

Perceptual Signs:

- * Hallucinations — hearing voices, seeing things that are not there.
- * Delusions — believing things that are clearly untrue (e.g., "I am being watched," "I have special powers" "Someone is out to get me").

Behavioral Signs:

- * Speaking in a disorganized or incoherent manner.
- * Unusual or inappropriate emotional responses (e.g., laughing during serious discussions).
- * Agitation, pacing, or excessive suspicion.
- * Poor judgment or risky behaviors.

Severe Cases Requiring Immediate Medical Attention:

- * Complete inability to communicate logically.
- * Threats of harm to self or others.
- * Extreme disorientation—forgetting their identity or location.

2. Immediate Steps for Students in Crisis.

- * If you or someone you know is experiencing a crisis, call the 24/7

Mental Health Helpline: Nimma Snehta- 08472-220307

- * Seek immediate support from:

Wardens

Dr. Sunil Deshmukh -9243019999

Dr. Yemuna Kareddy- 9448390557

*** Campus Counsellors:**

Dr. Sirajuddin Imran - 9448043369

Dr. Santoshkumar Jevanagi -9945910158

*** Trained Peer Mentors**

1. Sankalp Kollur - 9035385464

2. Dr.Kavita Salagar- 9483111333

3. Dr. Pallavi Tenglikar - 9986508418

* If in a public area, move to a quiet, safe space or an open space with no active means to harm oneself, checking with the person concerned what feels safe in the moment.

* If the situation is critical (e.g., suicide attempt, complete loss of functioning), a member of faculty needs to be informed and consequently emergency services need to be informed (Venkateshwara Hospital or Akash Hospital)

3. Faculty and Staff Response Protocol

* If a student approaches you with a mental health emergency, the following steps should be taken:

1. Ensure safety: Make sure the student is in a secure, calm space; refer to the resource packet for taking necessary steps.

2. Assess risk:

* If there is an immediate risk of self-harm or suicide, take measures to get the student in a secure place where he/she has no access to means to harm themselves. Also take measures to ensure that the student is not left alone till necessary formal steps are taken.

* If the student is in distress but not at immediate risk, encourage them to talk to you since they have approached you with a sense of trust, listen to whatever extent possible and then gently encourage them to reach out to the mental health helpline service or the campus counsellors.

3. Provide support: Use active listening and assist the person as per the SOP. Avoid judgment or giving advice beyond your expertise.

4. Refer appropriately: Guide the student to available resources (counseling center, health center, faculty mentor, peer support).

5. Follow up: Ensure the student receives ongoing support and follow up with them. In case of need a Faculty Mentor be appointed.

4. Night-Time Support Protocol

* If a crisis arises at night:

* Contact the trained first responder or in their absence any friend on campus, any student, faculty, or warden.

* Move the student to a safe location.

* Use digital resources (e.g., mental health helplines, mindfulness apps mentioned above) for immediate relief along with the resource packet attached below.

* Inform a trusted emergency contact of the person concerned.

* If the situation escalates, call campus emergency services or arrange transport to a medical facility.

5. Confidentiality and Reporting

* Any case of mental health crisis should be reported to the university counselor while maintaining strict confidentiality.

* Peer mentors, faculty, and staff must adhere to the ethical guidelines on mental health support.

* Any imminent risk to life should be reported to the appropriate emergency contacts immediately including the emergency contact of the person concerned.

6. Mental Health Resources on Campus

* 24/7 Mental Health Helpline: 08472-220307

* Campus Counselor: Dr. Sirajuddin Imran - 9448043369

Dr. Santoshkumar Jevanagi - 9945910158

Dr. Alok Ghanate - 9243333022

* Faculty Mentor Program: You may meet your Faculty Mentor.

. Post-Crisis Support

* Students who experience a crisis should be offered follow-up counseling and peer support.

* Faculty and staff involved in crisis response should receive postincident debriefing and guidance.



DEAN

**Mahadevappa Rampure Medical College,
Kalaburagi.**