

Role

Rules

Resources

Routine



Your MHFR Flashcards

The Pocket Guide to Being the Bridge.

Role

Rules

Resources

Routine

Mediators, Not Advisors

Where Harm Occurs

(Hidden digital spaces/peer-to-peer)



Where Help Lives

(Adult professionals, police, WCD counsellors)

Your job is to bridge the gap between hidden harm and adult help.
You do not diagnose. You do not treat. You connect.

Role

Your Promise (The Intro Script)

I am our school's Mental Health First Responder.
I am a peer, not a doctor.

My job is to be a bridge to help. I will never judge
you, and I won't press you for private details.

You do not need to tell me what you are going through.
Just come and say: 'I need help,' and you are not alone.



The Golden Rule of Listening



DO: Listen kindly and calmly. Let the student feel safe and heard.



DO NOT: Ask the student what happened or push for private details.

Why this matters: When we do not ask for details, students trust us more, making them feel safer to come to us for help.

Rules

The Boundary Check: Guiding vs. Solving



Guide them to the right resources.
Remind them that no problem is
"too small" to get help.



Do not try to solve deep problems,
analyze their trauma, or keep
dangerous secrets.

The 3 Essential Helplines



1098
Childline

Use when: A child is in danger or needs immediate protection.



1930
Cybercrime

Use when: Facing online abuse, non-consensual photo sharing, or money fraud.



1056
Disha

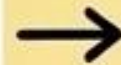
Use when: Seeking mental health support or physical health guidance.

Role

Using the Buddy Box



Students drop a note saying 'I need help' with their name/contact.



Take the locked box to the nodal teacher or school counsellor every week.



The counsellor logs the issue and takes necessary steps.

Always remind students where the Buddy Box is located in your school.

Rules

The Reporting Path



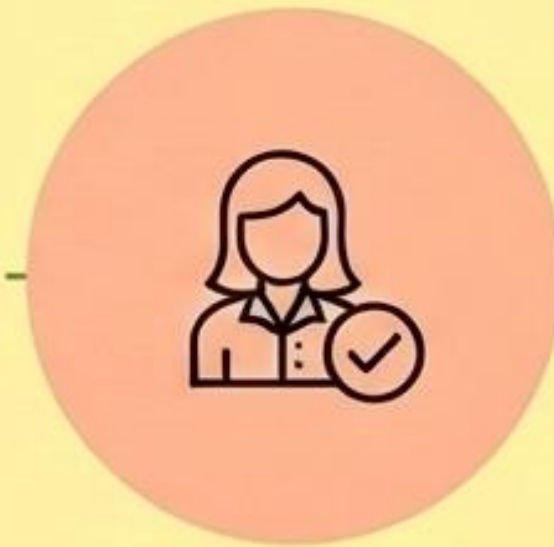
Share a Helpline

(If the issue is non-urgent, provide 1098, 1930, or 1056).



Walk with Them

(Take the student to a nodal teacher, school authority, or WCD counsellor—whichever feels safest for the peer).



Adult Takeover

(The District Counsellor is informed and logs the complaint. Your job is done).

The Weekly Log

Keep a simple register of students who come to you.



Review this log weekly with your WCD or District Counsellor.

Privacy is paramount: This log is completely private and only shared to give students the right care.

Weekly Classroom Check-Ins



Visit classrooms, common areas, practice halls etc and check in on your peers.



Remind them that you are there in case someone needs to reach out for help. Assure them, that it's okay to seek help and that they are not alone, and do not have to suffer silently.



Ask them to come to you and just say, "I need help."