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# October Newsletter

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***Awareness. Action. Empathy.***

**(Celebrating Mental Health Awareness, OCD Awareness, and ADHD Awareness Month)**

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## **A Month to Talk About Mental Health**

Every October, the global spotlight turns to mental health — a topic that affects us all but is still too often shrouded in silence. This month brings together several important observances:

- World Mental Health Day (October 10)
- OCD Awareness Week (October 13–19)
- ADHD Awareness Month

At PsychEd, we use this time to go beyond awareness — to open honest dialogue, strengthen understanding, and empower communities to take meaningful action.

We believe every conversation that normalizes mental health takes us one step closer to a kinder, more resilient society.

“Talking about mental health should not be brave — it should be normal.”

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# Featured articles

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## Youth Mental Health: A Shared Responsibility

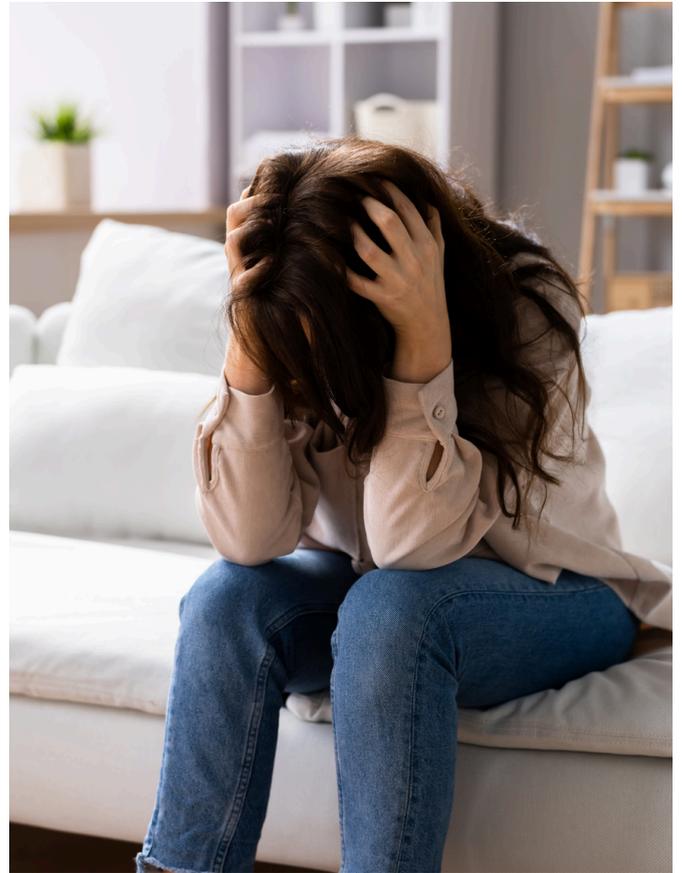
Students today are balancing more than academics — they are navigating social pressure, digital overload, and uncertainty about their future. The rise in stress, anxiety, and identity struggles among young people underscores the urgent need for sustained mental health support in educational spaces



Research shows that mental health challenges often begin before the age of 14, yet most go undetected or untreated. Early awareness can shape how students understand their thoughts and emotions, and how they reach out for help.

PsychEd continues to collaborate with schools and colleges to bring evidence-based workshops, counseling, and educator training that make mental health not just an add-on, but a part of everyday learning.

## OCD Awareness Week: Breaking the Myths



During OCD Awareness Week (October 13–19), PsychEd is joining the call to redefine how people understand Obsessive-Compulsive Disorder (OCD).

Contrary to popular belief, OCD isn't about liking things "neat or organized." It's a serious mental health condition involving intrusive, distressing thoughts and repetitive behaviors that can interfere with daily life.

For many students, OCD symptoms begin subtly — perfectionism, repetitive checking, or constant reassurance-seeking — often mistaken for personality traits rather than cries for help. Through psychoeducation and open conversations, we aim to help schools and families recognize these signs early and respond with empathy rather than dismissal.

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# Featured articles

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## ADHD Awareness Month: Recognizing More Than Restlessness

October is also ADHD Awareness Month — a time to understand Attention-Deficit/Hyperactivity Disorder beyond stereotypes.

ADHD is not about being “lazy” or “distracted.” It’s about differences in how the brain processes attention, emotion, and impulse control.



In classrooms, this means students with ADHD may struggle not because they don't care, but because their learning environment isn't yet designed to support them.

### PsychEd advocates for:

- Flexible teaching methods that support varied learning needs.
- Empathy-driven communication between teachers, parents, and students.
- Awareness programs to debunk myths and celebrate neurodiversity.

“When we make classrooms more inclusive for ADHD, we make them better for every learner.”

## Impostor Syndrome: When Success Feels Undeserved



Have you ever achieved something and immediately felt like you didn't deserve it? That's the voice of Impostor Syndrome — a psychological pattern where capable individuals doubt their achievements and fear being “exposed” as a fraud.

Among students and professionals alike, impostor thoughts can silently fuel anxiety and burnout. At PsychEd, we emphasize awareness and self-reflection as the first steps to overcoming it.

### Ask yourself:

- What evidence do I have against my negative thought?
- Am I comparing my behind-the-scenes to someone else's highlight reel?
- Can I accept that growth and learning don't mean incompetence?

Confidence grows not from eliminating doubt, but from learning to act despite it.

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# PsychEd's Work This Month

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## Workshop Highlight: Bharati Vidyapeeth College of Engineering, Navi Mumbai

This October, the PsychEd team conducted a two-part student workshop at Bharati Vidyapeeth College of Engineering, Navi Mumbai.



The sessions explored emotional resilience, stress management, and mindfulness practices relevant to college life. Students connected deeply with the interactive activities, and the guided meditation emerged as a highlight — many described it as calming, grounding, and unlike anything they had experienced on campus.

However, the sessions also revealed an important insight — a large majority of students were unaware of the psychological support services available to them. This emphasizes the importance of not only providing help, but also ensuring visibility and accessibility of those services within institutions.

**“Awareness without access leaves a gap. PsychEd’s mission is to bridge that gap — bringing mental health resources closer to where students already are.”**

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# Looking Ahead: What's Next at PsychEd

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In the coming months, PsychEd continues its journey to strengthen emotional resilience and awareness across educational spaces.

Here's a glimpse of what's next:

Workshops for Students: Mindfulness, Emotional Regulation, Digital Well-Being.

Teacher Development Programs: The Mindful Classroom: Creating Calm, Connection & Clarity.

Parent Workshops: Communication, Emotional Awareness, and Positive Discipline.

Counseling Collaborations: Expanding access to school-based psychological services.

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## A Note from the PsychEd Team

"Every conversation that begins with care has the power to change lives.

Let's make October the month we listen a little more, judge a little less, and support one another — not just in moments of crisis, but every day."

Stay connected with PsychEd for upcoming initiatives, mental health resources, and impact stories.

Follow us on Instagram and LinkedIn at **'PsychEd.care'** to be part of our growing community of educators, parents, and students committed to emotional well-being.