



**Subject:- 24/7 Counselling Helpline for Students during Exams
Classes X & XII**

SPS/966 /2025

30th January 2025

Dear Parent

At Salwan Public School, we recognize that the Examination period for students can be both exciting and challenging. The pressure of studies, exams, and future decisions can sometimes be overwhelming. We understand that it is important to address not just academic needs, but also the emotional well-being of our children during this critical time.

We are pleased to announce the launch of our Counselling Helpline Support, **EMPOWER** starting from **1st February 2025 to 5th April 2025** to help our students.

This support is aimed at providing students with a confidential platform to connect with the school counsellor, where they can seek guidance regarding their thoughts, feelings, and concerns as well as academic queries and concerns.

Key Details of the Helpline:

- **Call support:** Available during working hours, you can directly speak with the counselor for guidance and support.
- **24/7 Message support:** If you prefer to communicate through text messages, you can reach out at any time, and our counselor will respond at the earliest opportunity. To start text communication through mobile download the **'Google Chat' App** from the App Store (iOS) or Google Play Store (Android).

To chat using the browser on a system, visit the URL chat.google.com. The students can chat strictly through their school's official email ID with the school counselors on Counselling SPS in the chatbox and can also write query emails on counselling@salwanpublicschool.com.

[The guidelines for chat are given here.](#)

Please convey to your wards that whether we are dealing with academic stress, emotional challenges, or need help with personal matters, their well-being is important, and we are here to listen, support, and assist them during this time.

Together, we can ensure a balanced and healthy approach to both academic and emotional growth.

I sincerely wish all the children the best for this phase of challenging yet crucial time. Please remember 'Together we shall overcome all challenges and obstacles of life.'

Regards

Priyanka Barara
Principal