

A STUDY ON MENTAL HEALTH LITERACY AND HELP SEEKING BEHAVIOR AMONG UNIVERSITY STUDENTS

**Dissertation submitted for the partial fulfillment of the Post Graduate Degree of
Masters of Social Work**

at

**Department of Social Work
Guru Ghasidas Vishwavidyalaya
Bilaspur, C.G.**

Under the Guidance of

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Submitted by

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Session: 2022-2024



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(Accredited A++ by NAAC)

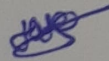
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DECLARATION

I hereby, declare that the present study entitled "**Mental Health Literacy and Help Seeking Behavior among University Students**" has been conducted by me, under the guidance and supervision of **Dr Mohini Gautam**, Assistant Professor in Social Work. This dissertation is submitted to the department of Social Work, Guru Ghasidas Vishwavidyalaya in partial fulfillment of Master of Social Work. I further declare that this is an original study and no part of it has been published or submitted to any university previously.

Place: Bilaspur

Date:



Signature of the student

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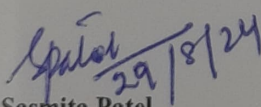
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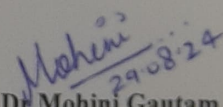
CERTIFICATE

This is to certify that MUHAMMED JASIR P is a bonafide student of Guru Ghasidas Vishwavidyalaya, Bilaspur, Chhattisgarh, pursuing the course of Master of Social Work for the session 2022-2024. The study entitled "MENTAL HEALTH LITERACY AND HELP SEEKING BEHAVIOR AMONG UNIVERSITY STIDENTS" under our personal supervision. It has not formed the basis for award of any other degree or diploma to the candidate. This work is a record of the candidate's personal efforts. This dissertation is, hereby, approved for submission to Guru Ghasidas Vishwavidyalaya as partial fulfillment of "Master of Social Work".


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MUHAMMED JASIR P