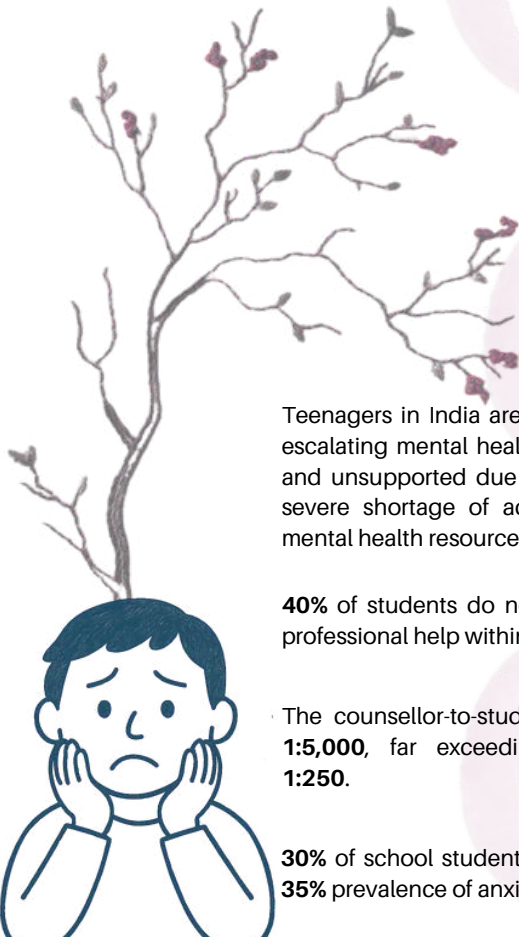


a sibling that makes  
you happier

sibling

# India is facing a mental health epidemic... and our youth are the most affected.



Teenagers in India are silently grappling with escalating mental health issues, often unseen and unsupported due to social stigma and a severe shortage of accessible, teen-focused mental health resources.

**40%** of students do not know where to seek professional help within their school.

The counsellor-to-student ratio is as high as **1:5,000**, far exceeding the recommended **1:250**.

**30%** of school students face depression, with **35%** prevalence of anxiety amongst students.

# About Us

Sibling is a student-first mental health platform that has been built keeping students in India in mind.

Our platform helps schools transform how students access and experience mental health support. We have identified a few key challenges for mental health in 12-19 year olds, such as high stigma and low emotional literacy, low help seeking behaviour and lastly, and face logistical as well as resource barriers to professional mental health support. We understand that each child is different and may have a different need in terms of emotional support, and we offer support for every student, no matter where they are on their mental health journey.

In the long run, we want to turn mental health support from an afterthought to a necessity within schools and educational institutions. We believe that each young person should have the opportunity to live to their full potential and our work strives to assist them every step of the way.

Infancy  
(0-6 years)



Childhood  
(6-12 years)



Why Adolescence?  
(12-19 Years)

Most longterm psychological ailments appear for the first time in adolescence. If not caught early, or with no preventive measures 50% of mental illnesses are developed by the age of 14, and 75% by the age of 24.



Young adulthood  
(19 + years)





## ResourceHub

Our first layer of educational content is created on the belief that all youth should have access to relatable, accessible and factual information about mental health. We want to empower students to understand themselves and the world around them better, while improving help-seeking behaviour and emotional literacy.



Creates a culture of openness around mental health in schools and educational institutions



Students reach counselors better informed, making sessions more focused and efficient.



Parents can gain insights into adolescent issues; more informed, empathetic conversations at home.

# Sibling Mentorship

We understand that for many students, talking to a professional psychologist might be nerve racking, or maybe they think that their problems are “too small.”

To help students take a first step in reaching out, we have created the Sibling Mentorship Programme, where students can talk to trained college students or “siblings” about daily grievances.

Builds an additional support layer, without added burden on the schools and educational institutions.



Reduced conflict at home; notice positive changes in confidence and stress management in teens.



Receive early referrals of at-risk students, enabling timely intervention.



# ReachOut

When a student feels ready to speak to a counsellor, we make it seamless, efficient and most importantly, completely confidential.

Students can reach out to in-house or external psychologists in one tap, allowing them to receive early support.



Real-time well-being trends; ensures accountability of in-schools and educational institutions support systems.



Boosts engagement, cuts no-shows, ensures clear case records.



Builds parent trust in schools and educational institutions support, reducing the need to seek external help.



# sibling

## Making Mental Health a Part of Every Day

Sibling brings together students, counsellors, and schools and educational institutions into one connected ecosystem that makes mental health support simpler, safer, and stigma-free.



Sibling helps institutes manage counsellors, monitor engagement, and flag high-risk cases early through secure dashboards and insights, making mental health support efficient, data-driven, and privacy-first.

Sibling streamlines a counsellor's day-to-day work with smart scheduling, encrypted notes, and real-time crisis alerts — reducing admin load and ensuring every student receives timely, confidential support.



Sibling keeps parents informed and involved through school-led updates and workshops, helping them understand and support their child's well-being while respecting student confidentiality.

**Together, we're building the future of care in schools and educational institutions, one where every student knows that someone will listen.**

with 8.1 billion people in the world,  
there is always someone who will listen.

*we would love to hear from you!*

