

SWISS ESSENTIALS · PARENT FOCUS GROUP · GURGAON

Parents want every teacher trained to catch the signs.

Mothers of Grade 8–12 students across four leading Gurgaon schools described the same gap — and a unanimous appetite for certified staff training in suicide prevention.

● Qualitative focus group · 7 parents · directional, not a population estimate

All 7
MOTHERS

THE HEADLINE FINDING

Every mother we spoke to said suicide-prevention certification should be **mandatory for every member of school staff** — and rated it a high priority.

THE GAP

WHERE PARENTS SEE SCHOOLS FALLING SHORT

5/7

CONCERN

were **extremely** concerned about student mental health and suicide risk.

7/7

CAPACITY

said teachers are too overburdened to reliably monitor wellbeing.

5/7

CONFIDENCE

were not confident teachers can spot the hidden warning signs.

5/7

CURRICULUM

felt the curriculum leaves too little space for mental-health dialogue.

6

OF 7

THE BARRIER BENEATH THE NUMBERS

pointed to the same root cause: teachers' *fear of "saying the wrong thing."* Most felt a child in distress would turn first to a peer — and two of the seven worried their own child might confide in no one at all.

THE MANDATE FOR SWISS

WHAT THESE PARENTS WOULD BACK

7/7

TIME

would support SWISS even at the cost of academic time — one hour a month.

7/7

PRIORITY

rated mandatory staff certification a high priority for their school.

6/7

TRUST

said SWISS would increase their trust in safety protocols — five, significantly.

IN PARENTS' WORDS

THE DEPTH A FOCUS GROUP IS BUILT TO FIND

"It should start very young, from Grade 4, so that it is normalised."

— PARENT · GURGAON FOCUS GROUP

"The topic is not discussed at all in schools. The student-teacher ratio impacts relationships."

— PARENT · GURGAON FOCUS GROUP

Normalise it early. Age-appropriate talk from primary grades — "like the menstruation-awareness camps."

Take the weight off the teacher. Externalise the crisis so no one feels they carry it alone.

Name the fear. Skills for what to say *and what not to say*, so fear stops being a reason for silence.

Include parents too. Sensitisation shouldn't stop at staff — bring parents into the same approach.

About this brief. A qualitative MSS Labs focus group (Jan 2026) with **seven mothers** of Grade 8–12 students across four leading Gurgaon schools. Focus groups surface depth and unmet need, not prevalence — these are these parents' views, reported as counts, and the basis for a larger evaluation to follow. **SWISS** — Student Wellness Institutional Safety Standards.

