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करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

क्राइसिस काउंसलर

Crisis counselors give immediate emotional and psychological support to people in a mental-health crisis, such as suicidal thoughts, domestic violence or severe distress.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/crisis-counselor

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri • ब्लॉक समदड़ी • बालोतरा (Block Samdari • Balotra)

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी • मास्टर ट्रेनर
Principal, GSSS Jethantri • Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
Designed & developed • Lecturer (History)

विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) • रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

Crisis counselors give immediate emotional and psychological support to people in a mental-health crisis, such as suicidal thoughts, domestic violence or severe distress.

2 At a glance

Minimum qualification	Bachelor's + counselling diploma/master's
Avg salary	₹4-12 LPA
Work mode	Helplines, hospitals, NGOs
Demand	Rising (mental-health awareness)

3 What you need

INTERESTS

- Working with and for people
- Interest in social service and mental health
- Solving others' problems

ABILITIES

- Strong language, listening and writing ability
- Grasping relationships and causes between issues
- Understanding people's emotions and behaviour

KEY SKILLS

- Staying calm and quick decisions in emergencies
- Suicide-prevention techniques
- Phone/chat communication skills
- Active listening and risk assessment
- Empathy and a non-judgemental attitude
- Maintaining confidentiality and ethics

4 How to get there

- 1 Complete Class 12 in any stream
- 2 Do a bachelor's in psychology/social work
- 3 Do a master's in social work or psychology
- 4 Do a diploma/certificate in counselling or crisis intervention
- 5 Complete supervised internship experience
- 6 Check course and accreditation before enrolling

MAIN EXAMS

- CUET-UG (for bachelor's admission)
- CUET-PG (for MA Psychology/Counselling)
- TISSNET (TISS counselling/social-work courses)
- NIMHANS entrance (mental-health courses)

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan (Dept. of Psychology) — Jaipur (<https://www.uniraj.ac.in>)
- Regional Institute of Education (NCERT) — Ajmer (<https://rieajmer.raj.nic.in>)
- Jai Narain Vyas University (Dept. of Psychology) — Jodhpur (<https://www.jnvu.co.in>)

PRIVATE INSTITUTES

- JRN Rajasthan Vidyapeeth (Deemed University) — Udaipur
- Mahatma Jyoti Rao Phoole University — Jaipur
- Manipal University Jaipur — Jaipur (<https://jaipur.manipal.edu>)

ONLINE

- IGNOU (MA Psychology / Counselling) — Pan-India / Online (<https://www.ignou.ac.in>)
- TISS (MA Counselling / Social Work) — Distance / Campus (<https://www.tiss.edu>)
- NIMHANS (PG Diploma / M.Phil, mental health) — Bengaluru (<https://nimhans.ac.in>)

FEES

Course fees roughly ₹50k-₹1 lakh per year; varies by institute and course.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi Education Loan (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Hospitals and community centres, mental-health centres, helplines, rehab centres, schools/colleges, private clinics, government and non-government organisations.

WORK CULTURE

About 6-7 days a week, 8-9 hours a day in hospitals; shifts and night helpline duty possible. Opportunities for persons with disabilities; private practice also possible.

WHO HIRES

- Suicide-prevention and crisis helplines (e.g. AASRA)
- Hospitals and mental-health centres
- NGOs and women's/child support organisations
- Disaster-relief and rehabilitation agencies
- Private clinics and online counselling platforms

DEMAND (2026)

With growing mental-health awareness, government helplines like Tele-MANAS and rising student stress, demand for crisis counselors is increasing in 2026.

7 Career growth

- 1 Senior crisis counselor
- 2 Crisis supervisor
- 3 Mental-health counselor
- 4 Social worker/programme lead

EARNINGS

Starting	₹3.5-4.5 लाख/वर्ष
Mid level	₹6-9 लाख/वर्ष
Senior level	₹10-14 लाख/वर्ष

Salary indicative; depends on sector (NGO/private) and experience.

8 The good parts · The challenges

The good parts

- Life-saving, meaningful work
- Rising social and government demand
- Diverse settings and flexible platforms

The challenges

- High stress and emotional burden
- Irregular/night duties
- Lower starting pay in NGOs

9 Real-life journeys

Dr. Anjali Chhabria

Psychiatrist & founder, Mindtemple, Mumbai

After MBBS and MD, Dr. Anjali Chhabria founded the Mindtemple clinic in 2005 and in 2001 became the youngest president of the Bombay Psychiatric Society. She is among India's leading psychiatrists for counselling in stress, trauma and crisis.

TEDx Talks · <https://www.youtube.com/watch?v=dn7EXTVjs6I>

Johnson Thomas

Director, AASRA suicide-prevention helpline, Mumbai

Johnson Thomas runs Mumbai-based AASRA, a 24x7 suicide-prevention and crisis helpline. With a team of trained volunteers he provides emotional support over the phone and helps save lives of people in crisis.

The Better India · <https://thebetterindia.com/9108/phone-call-can-save-life/>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Marriage & Family Counselor
- Rehabilitation Counselor
- De-addiction Counselor

11 Sources & further reading

1. Rajasthan Career Guidance (Govt source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%95%e0%a5%8d%e0%a4%b0%e0%a4%be%e0%a4%87%e0%a4%b8%e0%a4%bf%e0%a4%b8-%e0%a4%95%e0%a4%be%e0%a4%89%e0%a4%82%e0%a4%b8%e0%a4%b2%e0%a4%b0-crisis-counselor/>
2. National Scholarship Portal — <https://scholarships.gov.in>
3. Tele-MANAS national mental-health helpline — <https://telemanas.mohfw.gov.in>
4. AASRA suicide-prevention helpline — <https://www.aasra.info>



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