



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

मानसिक स्वास्थ्य परामर्शदाता

Mental health counsellors and psychologists listen to, understand and support people through emotional difficulties.

It is a caring, fast-growing field where you help change lives.



Scan for everything on this career

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

career.gsssjethantri.in/#/career/mental-health-counsellor

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

Mental health counsellors and psychologists listen to, understand and support people through emotional difficulties. It is a caring, fast-growing field where you help change lives.

2 At a glance

Domain	Mental health and wellness
Core qualification	MA/MSc Psychology, then clinical training
Licence	RCI registration needed for clinical roles
Starting pay	₹20,000–₹35,000 per month

3 What you need

INTERESTS

- Interest in understanding people's emotions and behaviour
- Curiosity about the human mind and mental health
- A desire to help and serve others

ABILITIES

- Patient, attentive listening
- Clear communication and observation
- Empathy and emotional balance

KEY SKILLS

- Active listening skills
- Psychological assessment and testing
- Maintaining confidentiality and ethics
- Report writing and case documentation
- Empathy and building trust
- Counselling and therapy techniques
- Staying calm and managing crises

4 How to get there

- 1 After Class 12, do BA/BSc Psychology (any stream eligible)
- 2 Complete MA/MSc Psychology, the core foundation
- 3 For clinical roles, do RCI-recognised M.Phil/PsyD Clinical Psychology
- 4 For counselling, choose counselling psychology or a diploma route
- 5 Register with RCI before clinical practice
- 6 Gain experience through internships and supervised practice

MAIN EXAMS

- NIMHANS M.Phil/PsyD Clinical Psychology entrance exam
- University MA Psychology entrance (such as CUET-PG)
- UGC-NET Psychology for research/teaching

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan, Dept of Psychology — Jaipur, Rajasthan
- Maharshi Dayanand Saraswati University — Ajmer, Rajasthan
- NIMHANS — Bengaluru, Karnataka (<https://www.nimhans.ac.in/departments/clinical-psychology>)

PRIVATE INSTITUTES

- IIS (Deemed to be University) — Jaipur, Rajasthan
- Amity University Rajasthan — Jaipur, Rajasthan
- Christ (Deemed to be University) — Bengaluru, Karnataka

ONLINE

- IGNOU (BA/MA Psychology) — Distance learning, all-India (<http://www.ignou.ac.in/>)
- Counsel India (counselling courses) — Online, all-India (<https://www.counselindia.com/>)

FEES

Government MA Psychology is often ₹5,000–₹20,000 per year; NIMHANS M.Phil is very cheap (₹15,000–₹25,000 total); private MA is ₹50,000–₹1.5 lakh per year.

SCHOLARSHIPS

- National Scholarship Portal (Post-Matric) (<https://scholarships.gov.in/>)
- Rajasthan SJE Scholarship Portal (<https://sje.rajasthan.gov.in/>)
- Mukhyamantri Uchch Shiksha Scholarship (Rajasthan) (<https://hte.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Hospitals, mental health clinics, schools and colleges, NGOs, helplines, online therapy platforms and private practice.

WORK CULTURE

Work is calm, confidential and emotionally sensitive; patience and self-care are essential.

WHO HIRES

- | | |
|--|--|
| • Government and private hospitals | • Schools and universities |
| • Mental health NGOs and trusts | • Online therapy platforms (tele-counselling services) |
| • Corporate employee wellness programmes | • Private clinics and independent practice |

DEMAND (2026)

Awareness of mental health is rising fast in India, so demand for trained counsellors and psychologists keeps growing.

7 Career growth

- 1 Trainee/junior counsellor or psychology intern
- 2 Counsellor or clinical psychologist (RCI registered)
- 3 Senior psychologist or department head
- 4 Consultant, private practice owner or professor

EARNINGS

Starting	₹20,000–35,000/माह
Mid level	₹40,000–60,000/माह
Senior level	₹70,000–1,20,000+/माह

School counsellors start lower; RCI-registered clinical psychologists and experienced private practice earn the most.

8 The good parts · The challenges

The good parts

- A chance to make a meaningful difference in lives
- A fast-growing and respected field
- Flexibility and independence in private practice

The challenges

- Work can be emotionally draining
- Clinical roles need long study and an RCI licence
- Starting pay can be relatively modest

9 Real-life journeys

Sonali Gupta

Clinical psychologist and author, Mumbai

Inspired by her mother, Sonali Gupta studied at St. Xavier's and became a clinical psychologist; she now sees clients and authored the book 'Anxiety'.

The Interview Portal · <https://theinterviewportal.com/2018/08/13/clinical-psychologist-interview-2/>

Rajat Mitra

Clinical psychologist and founder of Swanchetan Society

Dr. Rajat Mitra founded the Swanchetan Society for Mental Health and provides counselling and support to survivors of violence, abuse and trauma.

Asian Human Rights Commission · <https://www.scoop.co.nz/stories/WO1301/S00063/india-in-conversation-with-psychologist-rajat-mitra.htm>

Vandana Gopikumar**Co-founder of The Banyan and mental health leader**

At just 23, Vandana Gopikumar opened her first shelter for homeless women with mental illness, which grew into 'The Banyan'.

Kanakavalli Vignettes · <https://kanakavalli.com/blogs/kanakavalli-vignettes/august-vignette-vandana-gopikumar-in-pursuit-of-truth>

10 Sources & further reading

1. How to become an RCI registered psychologist — <https://www.counselindia.com/blog-detail/how-to-become-an-rci-registered-psychologist-in-india>
2. NIMHANS Clinical Psychology department — <https://www.nimhans.ac.in/departments/clinical-psychology>
3. Clinical psychologist salary guide 2026 — <https://www.upes.ac.in/blog/liberal-studies/clinical-psychology-salary-in-india>

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