



# Kazi Nazrul University

## Centre for Counselling and Positive Psychology

### INITIATIVE

The pandemic of Corona Virus and the Lockdown period for the same is dysphoric by its nature..

You or someone known to you may experience mental health challenges like stress, anxiety, depression and so on..

Maintaining well-being often seems challenging too at this juncture..

We are with you in tough times..

Help is just a click away..

Take Online counselling sessions..

Fill- up the form:  
<https://docs.google.com/forms/d/e/1FAIpQLSf0Q6HAaiokpFfAjrMJa0OK9aUPSJetr7JSsdkDreYNnm4CBQ/viewform>

Get an appointment and the guidelines how to take part in the session

Be at the session on time

Counsellors: Shuvabrata Poddar; Urbi Mukherjee

Individuals outside KNU fraternity must come through some professional referral

Referral services with contacts of Clinical Psychologists and Psychiatrists will also be extended to the individuals with pertinent need