

Telephonic Counselling Support during lockdown caused due to Covid -19 Pandemic

The growing fear of Covid-19 has triggered immense anxiety, stress, and insecurity in the minds of people. This stress is manifesting in various forms. People with pre-existing mental conditions are feeling threatened with an overload of information about the pandemic. Psychological crisis intervention is urgently needed for the timely prevention of hazards from the secondary mental health crisis. Counselling may help to overcome issues related to anxiety, stress and restore emotional balance .So we the **Department of Psychology, Surendranath College** has taken up the initiative to come forward and would be providing free online services for maintaining well-being and buffer against the challenges that give rise to mental distress during this lockdown period to all **students** who are related with this institution.

Teachers offering counselling services (one day per week):

Sl.No	Name	Contact Number	Day of the week	Timing
1	Debashree Sinha	9830606327	Monday	3.00p.m-4.00p.m
2	Sravasti De	9830453701	Tuesday	3.00p.m-4.00p.m
3	Sujata Saha	9836880038	Wednesday	12.30p.m-1.30 p. m
4	Papri Manna	9883014708	Thursday	3.00p.m-4.00p.m

As teachers of the Department of Psychology are spearheading this initiative, we request **all the students of Surendranath College** to feel free to respond to **one** of the above mentioned persons so that we can navigate this difficult time successfully.

Students may send messages for **free registration (time: 10 a.m-10.30 a.m)** that include (**name , department , university registration number , university roll number, college roll number and semester currently at**) to the teachers whatsapp numbers to avail the timeslot mentioned above for the respective teachers.