

WE ARE IN THIS TOGETHER, LETS TALK ABOUT IT.

The outbreak of the COVID-19 in December 2019 has progressed to the status of a global pandemic. The disease itself as well as measures such as lockdowns, social distancing and voluntary self-isolation although being essential to contain the disease may have an adverse impact on mental health and are likely to increase stress levels which may lead to negative psychiatric effects in persons with preexisting mental health issues, patients of COVID 19 infection along with their friends and families and the general public including students and faculty.

NIU is offering individual counseling sessions to the faculty, staff and students.

PLEASE CONTACT US. WE ARE ANXIOUS TO OFFER ASSISTANCE.

You can contact at 0303-0420904 to set an appointment for an online individual session with the clinical psychologist. She will be available on Wednesday from 1pm to 3pm for the sessions. Each session will be of 40 mins.