

MAITREYI COLLEGE

UNIVERSITY OF DELHI

(ONLINE COUNSELLING SERVICES FOR STUDENTS)

As the coronavirus (COVID-19) pandemic sweeps across the world, it is causing widespread concern, fear and stress, all of which are natural and normal reactions to the changing and difficult situation that everyone finds themselves in. Maitreyi is aware that during this time of lockdown, students might feel anxious, panic, stress or depression regarding the coronavirus as well as issues related to academics. Keeping the present scenario in consideration, we decided to keep the mental health and psychosocial support services of the college to be in place and ensure that the care and guidance are made available for the students as well as their families through online counselling. Please remember you are not alone in this situation. These are difficult times and we are there to help and support you in every way possible. You can reach us through phone or Whatsapp.

You can contact the following:

1. Aakanksha Kapoor- College counsellor (9811475957)
2. Dr Prachi Bagla- Convenor, Health & Hygiene committee (9818015570)

Confidentiality shall be maintained for any concern you may share.