



Department of Applied Psychology  
Pondicherry University

### **Mental Health Support Centre**

#### **Telecounselling Services During Lockdown Period**

The worldwide unprecedented situation and the longer nationwide lockdown could trigger mental health concerns to some of the students and employees of our university. To tackle this situation and provide a listening ear, and offer mental health support to the needy students/employees and their family members, faculty members of our department are willing to provide telecounselling to the needy students, employees and family members of our university.

Those who wish to talk about their mental health concerns can contact the following numbers for mental health support during this lockdown period.

Please feel free to call/text/Whatsapp the following numbers against the time slot allotted to each number.

Time Slot	Mobile Number to be contacted
10:00 am to 1.00 pm	93803 13177
5:00 pm to 6:00 pm	90424 60674

Your identity and all personal information will be kept strictly confidential by us as per the extant ethical guidelines for counsellors