

## **Online Individual and Group Counselling**

*Counselling Support During the Pandemic*

Link: <https://admission.sjctni.edu/CounsellingServices/>



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## **For Tele-Counselling**



**+91 9444 903 613**  
**+91 94428 50516**  
**+91 96007 50454**

**Individuals can  
contact these  
mobile numbers**

# FREE YOURSELF FROM ANXIETY AND STRESS

>>> [Click Here](#)

**SJC Counselling Desk**

**+91 9444 903 613**

**+91 8939 472 128**

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## Individual Counselling

Any individual (student or staff) who requires counselling can avail the Counseling Services at St. Joseph's College.

Register your name, number and the basic details in this Google Form.

**Method:** Online counselling (Google Meet or Google Classroom or Zoom)

## Group Counselling

If more than 10 students have similar problems such as any psychiatric disorder, or any problem with emotion or behavior, they can be asked to participate in Group Counselling.

**Method:** Online Counselling in groups (Google Meet or Google Classroom or Zoom)

## Common Concerns

Academic Difficulties  
Age-related Problems  
Alcohol and Other Drug Problems  
Anxiety Issues  
Career Issues

Depression  
Family Problems  
Grief  
Relationships  
Tendency to harm Self or Others



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