



SWASTI PSYCHOLOGICAL COUNSELLING CENTER

Department of Psychology

Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur



The Counselling Facility is available for issues

- Anxiety, Depression, Stress
- Relationship Issues, Marital Conflict, Parent-Child relation issues
- Frustration, Emotional Instability
- Sexual / Emotional / Physical Abuse
- Insomnia (Sleeplessness) / Recurrent Nightmares
- Suicidal Ideation (Thoughts or Attempts)
- Academic Stress, Procrastination, Lack of Concentration, Peer Issues
- Bullying
- Substance Abuse or Addiction
- Anger & Stress Management
- PTSD(Post Traumatic Stress Disorder)
- Obsessive Compulsive Disorder-(Repetitively Performing Rituals and Routine like hand- washing)
- Any other issues...

Psychological Testing available for:-

- IQ Test
- Personality Test
- Aptitude Test
- Career Assessment and Guidance
- Test for Depression, Anxiety & Stress
- Behavioural Tests
- Many Other Tests for Mental Health

NOTE

Since confidentiality of the student / client is our utmost priority, we keep your identity Unrevealed 😊

❖ Both **Male** and **female counsellors** are available for Counselling Facility

Time: 12:00 Noon - 4:00 PM

Days: Friday & Saturday

- ✓ **Psychodynamic Therapies**
- ✓ **Cognitive Behaviour Therapies (CBT)**
- ✓ **Behavioural Therapies**
- ✓ **Art Based Therapies**
- ✓ **Crisis Intervention**
- ✓ **Relaxation Techniques**
- ✓ **Many other Therapies**

For Registration, please visit Department of Psychology