

### **Are you feeling anxious? Need to talk it out with someone?**

If you are feeling swamped with deadlines and examination related anxieties, reach out to the college counsellor. She will help you navigate through this challenging period.

Ms. Aarti Bardhan, counsellor, Miranda House is available in Miranda house thrice a week on Monday, Tuesday, Wednesday, between 11 a.m. to 3 p.m. you can walk into her room located near the hostel gate.

Alternatively, you can reach out to her at 8130646295, or at [counsellor@mirandahouse.ac.in](mailto:counsellor@mirandahouse.ac.in).

Further, you can seek help through Tele-MANAS (Tele Mental Health Assistance and Networking Across States) a Government of India mental health support and counselling service provider.

You can access the services by dialing the toll-free helpline numbers:

14416

1800-89-14416

The helpline is available 24 hours a day, 7 days a week, across all states and Union Territories in India.