



# YOU ARE NOT ALONE

Providing non-judgmental and compassionate support for students' mental well-being.

**College counselor:  
Mrs. Aarti Bardhan**



**Miranda House Hostel**

**Visiting Hours :**  
11:00 am – 3:00 p.m  
Monday, Tuesday &  
Wednesday

**Phone no.:** +91 81306 46295

**Email:**  
counsellor@mirandahouse.ac.  
in



## REACH OUT. FIND SUPPORT.

### MiHOPE

Mind Healthcare Online Program & Education

### Also available!

Online psychiatric  
consultations at **MiHOPE**

### GOVT HELPLINE DETAILS

**Tele-MANAS**

Toll-free helpline no. :

**1800-89-14416**

available 24x7, across all  
states and UTs