

Counselling Services

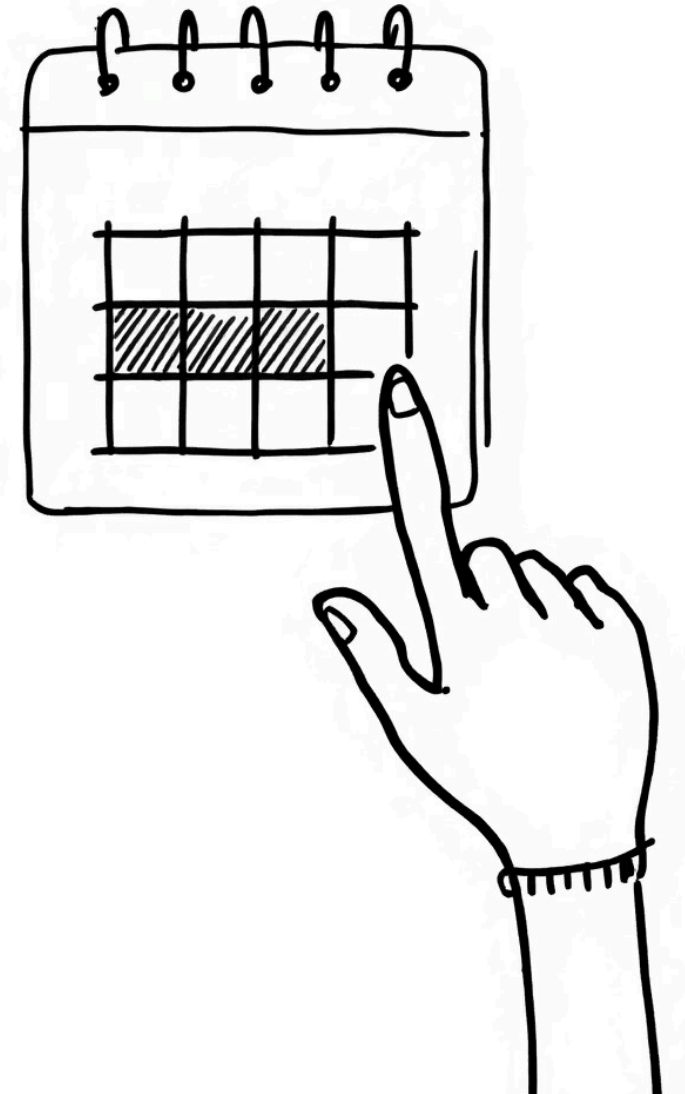
Hey!

I am Sanbrita Acharya, the on-campus counselling psychologist. My office is on the first floor, room 111. I am here to help you with any issue that you might be struggling with, be it academics, career, relationships, issues with parents, bullying, feeling low or just general wellbeing. This is a **safe and judgement free space** and I am here to listen to you and talk to you.



Scheduling Your Session

Please follow the instructions below to schedule a session for counselling.



To schedule a Counselling Session:

1

Fill the Intake Form

You have to first fill up the **intake form** with your details and basic information.

2

Your Privacy is Protected

Your data and identity remains **confidential** and **protected**. This process will help the counsellor get a basic idea of your background and prepare for the session accordingly.

3

Access the Calendly Link

Once the intake form is filled and you have submitted, on the final page you will find a **Calendly link prompt**.

4

Book Your Appointment

There you can block the date and time you want to schedule your session and it will automatically block the counsellor's calendar.

5

Permission from Teachers

If you have classes, you can ask for permission from your teacher for the session. All the teachers have been notified to allow students to go for counselling sessions.

First session will not be scheduled if the Intake Form is not filled and submitted.

NOTE: YOU ONLY HAVE TO FILL THE INTAKE FORM ONCE, BEFORE YOUR FIRST SESSION.



Ready to Get Started?

Intake Form Link:

<https://forms.gle/jgcVbBC81koZHmkUA>

Calendly link:

<https://calendly.com/sanbritaacharya>