

April 14,2020

**Mental Health and Counselling Committee
Jamia Millia Islamia
New Delhi**

**Telephonic and Email helpline to provide Emotional/Psychosocial Support to
University Students during and after COVID-19/Lockdown**

COVID-19 and the subsequent lockdown has been an unanticipated and unusual occurrence. It has affected people in different ways depending on their circumstances. There are people who are emotionally overwhelmed due to the sudden lockdown resulting in inability to concentrate on work/studying, sleep disturbances, absence or lack of appetite, heightened irritability , desire for aloofness or feeling of loneliness. People are anxious due to the uncertainties that they are faced with. There is a feeling of helplessness in some on account of their inability to physically reach out to people who are experiencing additional distress due to an aggravating event.

Vice Chancellor Jamia Millia Islamia has constituted a Mental Health and Counselling Committee consisting of Senior Faculty members to facilitate mental health and wellbeing of the university's students.. The committee is offering telephonic as well as online support to its students who may be experiencing any of these issues through a team of faculty members with experience of providing psycho-social support.

The information shared by students would be kept confidential and shared with a team member only with the student's permission. The email communication by the student would be deleted after reading in the interest of the student.

You may call as per the following schedule on the telephone no. given below. You may also Email your concerns at any time and one of the team members shall soon get back to you on it.

Days	11.00 am to 1.00 pm	3.00 pm to 5.00 pm
Monday	9891900104 9891900477	9818040834 9968069547 9811548550
Tuesday	9891900104 9891900477	9968069547 9560366434 9811548550
Wednesday	9891900104 9891900477	9968069547 9811548550
Thursday	9810339921	9968069547

	9891900477	9560366434 9811548550
Friday	9810339921 9891900477 9811548550	9818040834 9968069547

Note: Please call at the above mentioned numbers strictly as per the time slots and days mentioned. Calls made on numbers not assigned to particular time slots and days may not be attended to due to other preoccupations.

Students may also write an email at the following email ID and one of the team members will revert as soon as possible.

Email: psychologicalsupport@jmi.ac.in

Prof. Naved Iqbal
Convenor,
niqbal@jmi.ac.in
9968069547

Prof. S.M. Sajid
Chairman
ssajid@jmi.ac.in