



MENTAL HEALTH AWARENESS



The university experience can be a time filled with **growth, changes, challenges** & **new decisions**. Centre for Counselling and Career Advisory (C3A) offers a **safe space** to help you **navigate** these challenges & develop a life-long orientation towards **resilience** & **mental wellness**

COMMON PSYCHOLOGICAL CONCERNS



Stress



Low Confidence



Depression



Anger Management



Anxiety



Adjustment Issues



Sleep Disturbance

TAKE A STEP TOWARDS A HEALTHIER MIND!

SEEK PROFESSIONAL HELP

C3A provides free of cost counselling services to all the NUST fraternity

EMOTIONAL SELF-CARE

Identify and acknowledge your emotions, engage in activities that bring you joy and connect with people who can provide a listening and understanding ear

Engage in regular physical activity, prioritise sleep and practice relaxation techniques such as deep breathing exercises

PHYSICAL SELF-CARE

Nurture healthy relationships, seek social support from loved ones and establish healthy boundaries in relationships

SOCIAL SELF-CARE