

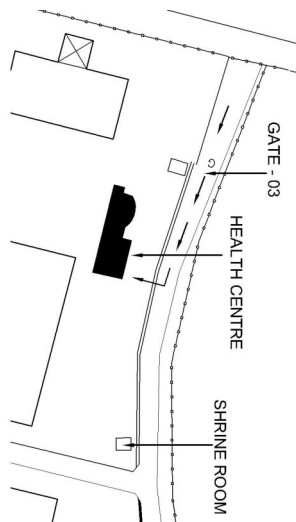
Benefits of Counselling



We can help you overcome your current challenges, break unhelpful habits, and to begin experiencing life differently. Working together in a supportive, non-judgmental environment, we can help you start building your strengths, gaining greater awareness and understanding, develop helpful perspectives, and learn practical strategies and techniques to manage the life's challenges.

Start experiencing life more fully and with joy.....!

The Counselling Unit is administered by the Department of Psychology and Counselling, Faculty of Health Sciences



The Open University of Sri Lanka Counselling Unit

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Someone to Listen.....

Counselling Service -OUSL

Free and Confidential



Learn to embrace joy...

Seek Knowledge.....

Be Productive.....

Live Life Peacefully.....

