

Are you or someone you care about feeling stuck, unhappy, lonely, or worn down?

We are here to support you...

To talk.....

To listen to.....

It can be a great relief to share your worries with someone.....



What is Counselling

A safe confidential collaboration between a qualified counsellor and a client/s to promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns such as psychological, educational, career, family or other problems.

The aim of the counselling is to empower the client to give them the confidence to make their own choices and decisions.

Goal of OUSL Counselling Unit

We are fully committed in providing the full counselling and psychological support for all enrolled students, staff members and their loved ones.

Confidentiality



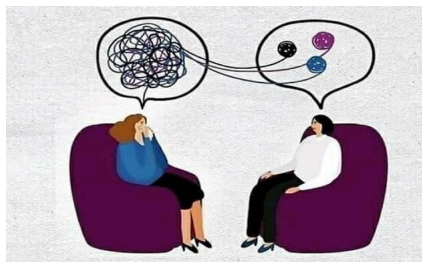
We provide the highest level of confidentiality to protect your privacy. Everything that is shared is between the counsellor and you only.

Services We Provide

- Individual Counselling
- Group Counselling
- Awareness Programs & Workshops on relevant aspects
- Training and advice on Counselling Skills to Staff

How we can Help

You may have feelings of extreme sadness, anger, guilt or any other distressing thought that can affect your day to day life or disturb the concentration on your studies or work.



Some of the difficulties you can discuss with us are;

- ♦ Stress, depression and anxiety related issues
- ♦ Educational problems
- ♦ Adjustment difficulties
- ♦ Relationship and family issues
- ♦ Workplace related issues
- ♦ Psychological problems
- ♦ Addiction difficulties
- ♦ Self-esteem, confidence issues
- ♦ Peer pressure

Consultation Hours

Our counsellor will be available at the Counselling Unit, OUSL Health Centre - Nawala, on Monday to Friday from 8.30am to 4.00pm.

How to make appointments

Phone: 011 2 88 1361

Mobile: 070 251 0820

Email: counsellor@ou.ac.lk

Our psychosocial intervention support has now been extended to reach you wherever you are. You can contact us on WhatsApp;



Call or Chat
070 251 0820

For more information;
www.ou.ac.lk