



SAHAYAM OSMANIA UNIVERSITY'S PSYCHOLOGICAL COUNSELING CENTER

WELCOMES YOU



HOME

Sahayam was established in February 2010 as Osmania University's Psychological Counseling Center. The centre was inaugurated by Honorable Vice Chancellor Prof. T. Tirupati Rao on 6th February 2010. This is an initiative put forth by the Vice Chancellor after recommendations were made by NAAC to set up psychological counseling services for the campus. Sahayam serves the university community and provides psychological counseling services, trainings and awareness programs on various issues related to positive mental health and wellbeing.

GOAL

- To promote psychological, educational, and social well-being of the students of Osmania University and to help prepare them to be productive members of society.
- Provide Psychological Counselling to a variety of problems, that may include stress, anxiety, adjustment issues, relationship difficulties, concentration problems, academic issues and personal problems.

OUR SERVICES

INDIVIDUAL COUNSELING

Individual counseling is designed to help you address your concerns, make better decisions, learn effective coping strategies, improve your personal skills and acquire a better awareness of your thoughts, feelings and actions. While in counseling, you may also examine beliefs and ways of thinking about the world, reflect on patterns of behavior, increase personal confidence, and become more aware of the needs of others.

GROUP COUNSELING

A treatment modality for 4 or more individuals who meet on a predetermined basis, with 1 or more counselors, for the purpose of achieving mental health-related goals.

Typically, counseling is provided on a short term basis (about 6-10 sessions). If longer term counseling is needed; the counselor at Sahayam will discuss this with you and would help you as needed.

CRISIS INTERVENTION

Crisis Intervention is an intensive, short-term way to help people cope with and overcome serious personal crises. Thus, we at Sahayam are available to the university staff and students to help them cope with any mental health crises that occur among the university population. The counselor is primarily concerned about your safety and well-being and that of people around you. For that reason, he/she may ask you questions about whether you're having any thoughts about harming yourself or someone else, about how well you are managing daily activities and about what kinds of alcohol, drugs and medications you may be taking.

Sometimes crisis situations are so serious that treatment in a psychiatric hospital or some other 24hour treatment facility is necessary to ensure your safety and stabilize your situation. If your counselor determines that you need such intensive types of care, he/she may help you arrange admission to an appropriate facility. If you go to such a treatment facility, your Counseling Center staff member may stay in touch with the facility to make sure that appropriate mental health services are available to you after you are discharged. After you are discharged, it is extremely important for you to attend any follow-up treatment sessions that your counselor arranges for you.

REFERRALS TO ON-CAMPUS OR OFF-CAMPUS SERVICES

Staff members at the Counseling Center are knowledgeable about resources available to students both on-campus and within the community. If we are not able to meet your needs or if you just would rather see someone outside of the Counseling Center, we can help by making an appropriate referral.

TRAININGS / WORKSHOPS / OUTREACH

Sahayam staff conducts training programs to increase awareness on Sahayam skills for UG/PG teachers to equip them with necessary skills to handle simple general psychological issues of their students.

Sahayam staff also conducts awareness and trainings on suicide prevention and anti-ragging. These programs consist of one hour long modules presented to staff and students to help them recognize warning signs of suicide and work to prevent the same.

In addition, anti-ragging programs for students about the ill-effects of ragging and reasons to fight against ragging are also conducted. Sahayam staff also conducts trainings on stress management and preventing anxiety.

If you would like us to conduct a workshop in your college or department, please contact us at 040-27682451 or sahayamou@gmail.com

WORKING DAYS

Monday – Saturday (Closed on Sundays & University holidays as per the calendar)

TIMINGS

10 a.m – 4 p.m

CONTACT INFORMATION

Sahayam

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PHONE

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EMERGENCY CONTACT

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