

# NATIONAL INSTITUTE OF PSYCHOLOGY QUAID-I-AZAM UNIVERSITY, ISLAMABAD

## Offers

### FREE SPECIALIZED ONLINE PSYCHOLOGICAL SERVICES DURING COVID-19



National Institute of Psychology (NIP) is Center of Excellence in Quaid-i- Azam University that aims at promoting mental health and psychological well-being along research and policy making. NIP offers psychological services specifically to students and faculty and community at large through it's Counseling Center. It is run by clinical psychologists and experts in the field of psychological assessment. In the light of recent global health crisis COVID-19, we are offering online counseling service to address context specific emotional, social, behavioral problems to enhance the mental wellbeing of the general public, students, and faculty. Psycho-education services of this Center may assist individuals to understand their problems through a different perspective and learn different strategies to resolve them. Feel free to contact any of our team members in our collective struggle to stay motivated while sheltering in current scenario.



### The Pandemic of COVID 19

The 2019 coronavirus disease (COVID-19) epidemic is a public health emergency of international concern and poses a challenge to psychological resilience. The COVID-19 disease has now achieved pandemic status. World Health Organization (WHO) declared COVID-19 a public health emergency of international concern.

### Our Online Services

Our service is intended to provide short-term counseling and psychiatric support to help clients in managing a range of personal, emotional and psychological concerns. That includes;

- ◆ Depression & other Mood Disorders
- ◆ Anxiety Disorders
- ◆ Stress Management
- ◆ Trauma / Post-traumatic Stress Disorder
- ◆ Profession Related Stress / Compassion Fatigue
- ◆ Adjusting to Major Life Transitions
- ◆ Crisis Intervention, Disaster and Trauma Management
- ◆ Domestic Violence
- ◆ Children and Adolescents' Social and Behavioral Problems
- ◆ Problems faced by Transgender Community

### Our Professionals

Our competent team of psychologists are onboard for your help and assistance.

- \* Dr. Anila Kamal (Domestic Violence)
- \* Dr. Rubina Hanif (Stress Management)
- \* Dr. Humaira Jami (Transgender Community Issues)
- \* Dr. Jamil A. Malik (Disease Related Issues)
- \* Dr. Sobia Masood (Domestic Violence)
- \* Dr. Nelofer Rauf (Autism and Developmental Issues)
- \* Dr. Aisha Zubair (Adjusting to Changing Demands )
- \* Dr. Imran Bukhari (Occupational Stress)
- \* Dr. Irum Naqvi (Children and Adolescents Issues)
- \* Ms. Saira Khan (Stress Management)
- \* Ms. Raiha Aftab (Stress Management)
- \* Ms. Riffat Zahir (Working from Home)
- \* Dr. Naeem Aslam (Trauma Related Issues)

### For Appointments



Ms. Amna Farooq

Timings 10 am to 3 pm (Monday to Friday)

Phone: 051-9064-4147

Email: covid19@nip.edu.pk

www.nip.edu.pk