

## Attention

### **An opportunity for those who want to find relief from DEPRESSION and ANXIETY**

National Institute of Psychology (NIP), Center of Excellence, Quaid-i-Azam University, Islamabad (New Campus, Shahdara Road) is offering treatment/therapy at minimal cost (under PhD research project) for individuals who suffer from depression and anxiety.

Therapies will be offered at Counselling Center NIP by Yasmeen Wajid Mauna Gauhar Mental Health Professional and Ph.D scholar and Dr. Naeem Aslam, in charge of Counselling Center NIP.

**Screening:** Before treatment, screening will be done using standardized assessment tools. Only eligible participants will receive quality treatment maintained at highest ethical standards pertaining to safety and confidentiality of the participants.

**Cost:** Rs. 500/session for student of NIP, Rs. 800/session for students of QAU, and for others Rs. 2000/session. The payment is for using NIP counselling center. Clinician's fee is not changed for this treatment.

**Recommendation:** People who do not want to use medication or do not want to linger on treatment for a long duration are highly encouraged to pursue the treatment.

**Declaration:** This treatment service is for depression and anxiety only. Confidentiality of the client's identity and data will be strictly maintained. Data would be used for Ph.D., research without disclosing the identity. All the information regarding the clients will be kept under lock and key at NIP. Only clinician mentioned will be allowed access to this information.

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