

Students Guidance Unit

Datta Meghe College of Nursing, Wanadongri, Nagpur, 441110

OUR MISSION is to provide professional mental health counselling and guidance to the students of health sciences that-

1. Addresses their immediate worries, anxieties and other mental health concerns.
2. Promotes a healthy lifestyle and helps in adjustments and coping.
3. Helps them take up challenges and build optimum professional competence.



Common Student Concerns

Study Skills
Exam anxiety
Time Management
Performance stress
Peer pressure
Adjustment
Relationship conflict
Anxiety and depression
Interpersonal issues
Crises in family
Family relationship issues
Financial difficulties
Loss and grief
Sexual identity issues
Frustrations and conflicts
Lack of motivation
Poor concentration
Communication issues
Suicidal ideations
Childhood sexual and emotional issues
Career planning
Personality development.



Our Counsellors

Proficient, skilled and qualified professional who helps the student identify the root cause of their apprehensions and/ or complexities. Together they find counselling approaches to help deal with the problems faced. It focusses on wellness model to improve quality of life of the student.

Appointments

Can be made by calling the SGU at 9503611807, 8007118979 or visiting the office of Students Guidance Unit, DMCON, 3rd Floor, Near Board Room. Mail id – Counselor.mgi@gmail.com



Every challenge, every adversity, contains within it the seeds of opportunity and growth.



Services Available to -

The Students Guidance Clinic provides mental health counselling and guidance to all enrolled students of the University

Services include:

1. Personal Counselling
2. Academic Counselling
3. Group Counselling
4. Crises Intervention
5. Sessions on students' motivation and development
6. Parent Consultations
7. Community Resource Referrals
8. All the services at Students Guidance clinic are provided at no cost.

CONFIDENTIAL

What you say in here....

Stays in here.

UNLESS

Someone is hurting you,

You want to hurt someone

You want to hurt yourself

You give a written permission

All counselling is strictly confidential. Disclosures in this case will be only made to the appropriate authority and will be limited to the issue involved.

Hours

Monday to Friday

9 am to 5 pm

Saturday

9 am to 2 pm

Emergency Contact

If you want to speak after working hours please contact:

Student Guidance Unit
9503611807

Overall, counselling empowers students to lead healthy and fulfilling lives.

It helps them to grow in new ways and thus can spark their development both personally and professionally

