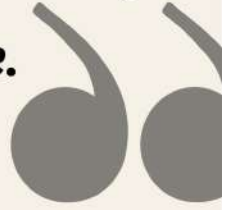


MENTAL HEALTH IS HEALTH



Taking care of your mind is part of staying healthy.

A healthy mind supports a healthy life.



Your Not Alone

24 x 7

College Counselor

9805098716

Direct Mobile contact for
the Campus Nodal Officer

Tele MANAS

14416

1-800-91-4416

Free, 24/7 support available
in Hindi, English & Local
Languages

**Mental health matters just as much as
physical health.**

Taking care of your mind is an important part of staying healthy.
When you allow yourself to Rest, Manage Stress, and seek support,
you help your body stay strong and balanced.



ETERNAL UNIVERSITY

Baru Sahib, Rajgarh, Himachal Pradesh - 173101

(Recognized by UGC, AICTE, INC, ICAR & NAAC Accredited)



STUDENT MENTAL HEALTH & WELLBEING CELL



Emergency HelpLines

Tele MANAS

14416

1-800-91-4416

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in Hindi, Punjabi, English &
Local Languages



College Counselor

9805098716

Direct Mobile contact
for the Campus Nodal
Officer



Emergency Services

112 & 108

Standard Number for
Local POLICE (100 / 112)
and
Ambulance Services (108)



Your Not Alone

24 x 7

Professional Help is
available for you, If
your feeling stressed
or overwhelmed

