



BHARATHIAR UNIVERSITY

COIMBATORE – 641046, TAMILNADU, INDIA

BHARATHIAR COUNSELLING CENTER

The Bharathiar Counselling Center, located at the Department of Psychology, Bharathiar University offers free counselling for students and employees of the University, and also public.

Counseling can help you manage your stress and reduce problems like anxiety and depression. It can also help you build self-confidence, increase your assertiveness, and strengthen your interpersonal skills. With counseling, you can manage your emotions well and improve self-regulation.

I feel
overwhelmed

I feel
stressed

I feel
anxious

I have
anger issues

I feel
lonely

I want to
improve study
skills

I want to
improve
self-esteem

I want to
build
confidence

I want to
increase
resilience

I want to
improve
self ~ control

For all the ones listed above, and more you may feel free to visit Bharathiar Counseling Center.

**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**