

GALGOTIAS CENTRE FOR MENTAL HEALTH

Subject: Your Mental Health & Emotional Well-Being Matters

Dear Students,

“Even when things feel overwhelming, you don’t have to face them alone.”

We hope you are doing well.

We are writing to inform you about the mental health and emotional well-being services available to you at Galgotias University through the Never Alone App at the Galgotias Centre for Mental Health.

Your mental health is an important part of your overall well-being. If you are experiencing stress, anxiety, low mood, depression, academic pressure, relationship concerns, emotional difficulties, or any other personal challenges, please know that support is available.

At the Galgotias Centre for Mental Health, we are here to listen, support, and assist you. You do not have to navigate your challenges alone. You can reach out to us whenever you feel the need for emotional or mental health support.

Know More About the Centre through clicking this link below:

https://drive.google.com/file/d/1ANJ54-fncRJ9mquVseiJv106K-BjVxv8/view?usp=drive_link

Visit Us:

Galgotias Centre for Mental Health

Room: C-Block, Ground Floor, C-038 and C-036

Monday to Saturday | 9:00 a.m. – 5:00 p.m.

Contact Details:

Centre Landline: +91-120-480-6869 WhatsApp (Never Alone Session Booking): +91 70426 49777

Email: centreformentalhealth@galgotiasuniversity.edu.in

You are not alone. We are here to support you.

Warm Regards,

Galgotias Centre for Mental Health

You are never alone — Support and Care are just a call away.



SCAN THE QR CODE ABOVE AND BOOK THE SESSION THROUGH THE WHATSAPP NUMBER IT RE-DIRECTS TO OR MESSAGE ON THE FOLLOWING NUMBER:

[+91 70426 49777](https://wa.me/917042649777)

Caption