

We are not alone!

SOMETIMES THINGS JUST HAPPENED UNEXPECTEDLY IN OUR LIVES.
WE MAY FEEL SHOCKED, SCARED AND SAD THESE DAYS.
LET'S TAKE CARE OF OURSELVES AND GO THROUGH THOSE HARD TIMES TOGETHER!

Keep your
daily routine

Express
feelings to
your family &
friends

Do sports
& relax

Block
informations
that may
affect your
mood

Breathe in
meditation



If you want to seek professional help, please contact:

NTNU Student Counseling Center

email: counseling@deps.ntnu.edu.tw

free counseling for students →



Hsin-Tien Psychological Counselling Clinic

Tel: 7749-5720

← counseling at your own expense