

Faculty of Applied Sciences Sabaragamuwa University

Worried with something? You're not alone. We're here to help you...





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If you,

- are feeling sad, anxious or stressed
- have difficulty with procrastination
- have anxiety about exams
- are missing home or difficulty meeting friends
- are having family or relationship difficulties
- are having drug or alcohol problems
- need support on being harassed

Feel free to meet us at Students Counsellors Office adjacent to the Dean's Office