



# ONLINE COUNSELING AT MIST DURING COVID-19

We, all are going through a new pandemic situation of COVID-19. All educational institutions are closed because of it. This situation can impact us both physically and mentally. People already reported different mental health issues like- anxiety, depression, panic during this quarantine, lockdown and isolation. Therefore, Counselor of MIST is going to provide mental health support for their students as well as all the members of MIST through online.



**MEET YOUR COUNSELOR**  
EVERY SUNDAY TO THURSDAY  
TIME: 0900 TO 1700 HOURS

CONTACT  
LIZA AKTER  
COUNSELOR MIST  
Mobile: +8801684949285(Whatsapp, Viber)  
E-mail: [liza.counselor@sh.mist.ac.bd](mailto:liza.counselor@sh.mist.ac.bd)  
[lizacp20@gmail.com](mailto:lizacp20@gmail.com)