

ONLINE PSYCHOLOGICAL SERVICES

Due to current pandemic, CCP has taken the initiative to start its online services FREE of cost for people who were already suffering from psychological and behavioral issues and speech related issues and were unable to go to hospitals. For this CCP has collaborated with various psychiatrists and psychologists working in different government and private hospitals of Lahore to refer clients for safe and timely psychological services.

Individuals seeking professional help would need to make a call at the given number on which brief account of their problem is taken, after which the client is assigned to the relevant trainee psychologist or speech therapist to start providing psychological services as early as possible. Many clients have been referred and are seeking professional help through different mediums such as WhatsApp, Skype, Zoom etc.

See pamphlet for further details.



ONLINE PSYCHOLOGICAL SERVICES

WITH REGARD TO CURRENT PANDEMIC

OFFERED BY

CENTRE FOR CLINICAL PSYCHOLOGY

UNIVERSITY OF THE PUNJAB

Quaid-i-Azam Campus, Lahore - 54590, Pakistan



The world today is experiencing a global pandemic in the form of COVID-19 which is a source of uncertainty, fears, apprehensions, resulting in major disruption in the everyday lives of individuals. This can have an adverse impact on the psychological health of the sufferers in particular and the community at large.

It has been observed that such a major life changing situation can give rise to, or exacerbate the following issues:

Anxiety

Anger

Frustration

Depression

Sleep Problems

Eating Problems

Trauma

Speech Problems

Proper psychological assessment and management can help to address these issues and prevent them from becoming a full fledged psychological or psychophysical disorder.

Procedure for Online Sessions:

- You can reach to our receptionist via text, call or WhatsApp with the number provided below.
- You will be briefly interviewed and referral form will be filled.
- Keeping in mind the nature of reported problem, you will be referred to relevant Clinical Psychologist for **free online speech/psychological counseling and therapy**.
- You will receive a follow up call, setting up the time and date for the therapy session.

For Appointment:

PHONE NO: 0331-8444056

TIMINGS: 9:30 AM TO 3:30 PM

Confidentiality of the clients' information will be ensured

Psychological assessment and intervention has always been a regular feature of Centre for Clinical Psychology (CCP) since its inception i.e. from 1983. Lately, it has also initiated specialized clinical services for Speech and Language Pathology.

However, keeping in view the current situation, CCP has now taken the initiative to continue their outdoor psychological services by utilizing online platform. These services are designed to entertain the people living in the community who were suffering from any psychological or speech related problem or have developed it after the onset of COVID-19.

Trained professional Clinical Psychologists and Speech Pathologists will conduct online therapy session(s) with the people who are experiencing any kind of psychological issues and will facilitate them to achieve their mental health objectives.