## Workshop Name: Exam Stress Management Covid Mental & Emotional Support

**Date:** 11<sup>th</sup> May 2021

Resource Person: MS DIPIKA MINJI



## (Covid Mental & Emotional Support)

Dear Learner.

If you or your loved ones are battling COVID or the lockdown and negativity around is bringing you down, we feel the emotional stress you're going through. The constant worry and anxiety takes a toll on the mind.

Replenish your positivity supply. You are not alone. We at SkillingIndia and peakmind are here to help you make these tough times a bit easier. Call on our FREE helpline and talk to one of our emotional coaches. We have helped hundreds till now and it will help you too.



## WE'RE HERE FOR YOU

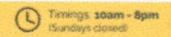
COVID Mental & Emotional Support

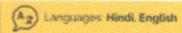
Clinical Psychologists & Counsellors are here to address your Mental Health and Stress-related issues

Call on our HELPLINE Number:



The service is FREE of cost and for all





For more details please visit https://www.peakmind.in

https://www.linkedin.com/feed/update/urn/liactivity/679063055927510630