

**Anxious or Stressed because of COVID-19?**

**FREE ONLINE/ON CALL COUNSELLING services available, Samtse Dzongkhag:**

If you're feeling low, you're not alone. It's OK to not feel OK. **Talking about how you are feeling can really help.** You can call or text to the certified counselors. Everyone is wholeheartedly willing to provide the services without judging you. We invite you to call us anytime: **HELP is HERE**

Ms Dechen Dolma, Samtse College- 17397040  
Mr. Karma Gyaphel, Samtse College- 17676344  
Mr. Bal Bdr Poudel, Samtse Hospital- 17417225  
Mr. Penjor Wangchuk, Norbugang- 17798452  
Ms. Yangchen Lhamo, Tendruk- 17741315  
Mr. Tandin Dorji, Tashicholing- 17810396  
Mr. Dawa Tshering, Yoeseltse- 17795855  
Mr. Phub Dorji, Gomtu- 17731197  
Mr. Ugyen Wangchuk, Samtse - 17784623  
Mr. Chimi Dorji, Shengdhen- 77465557  
Ms. Tenzin Dema, Sherabgyatshel- 17570145  
Mr. Namgay Wangchuk, Denchukha- 17445927  
Mr. Sangay Dorji, Taba Damtoe- 17491985  
Ms. Susma Thapa, Dorokha- 77454300  
Ms. Kezang Choki, Samtse- 17650556  
Ms. Dechen Wangmo, Dorokha -17310680  
Mr. Rinchen Jambay, Tashicholing -17608122.

Mental wellbeing is important part of staying healthy during the pandemic, so **Selfcare** is found to be very essential. Engage yourself by doing regular exercises, having good night sleep, drinking plenty fluids, having healthy and balanced diet, reading and relaxations, zumba, warm bath, art, journaling and by caring each other.  
Takecare and stay home la.

Focal Counselor, Samtse Dzongkhag.  
Kezang Choki, 17650556