

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