



# COUNSELLING SERVICES

What is Counselling?  
Will it help you?

## Office of the Registrar

Counselling is an opportunity to talk about and explore the problems and difficulties that people encounter in everyday life.

You can discuss issues related to relationships, loneliness, anxiety, depression, grief, academic challenges, your emotions and self-esteem.

It is also a chance to experience the heights and depths of who we are.

You are guaranteed a safe, comfortable and confidential space to talk freely and to be listened to with understanding, respect and care. FNU counselling services is free of charge for all FNU students and staff.

Please contact us to make an appointment or simply walk in to meet your counsellors



### Dharnesh Raman

Uniclinic, Waimanu Road, Suva  
Ph: 339 4000 | Ext: 3404 | Mob: 8960856  
counsellor-dr@fnu.ac.fj

### Varsha Naidu

Counselling Room, Disability Centre  
Nasinu Campus  
Ph: 339 4000 | Ext: 2314 | Mob: 8960857  
counsellor-vn@fnu.ac.fj

### Kantha Mani

E Block, Natabua Campus  
Lautoka  
Ph: 666 7533 | Ext: 7828 | Mob: 891 0854  
counsellor-km@fnu.ac.fj

LET'S  
TALK

you can also  
contact

### Helplines:

Lifeline Fiji (Toll Free) - 132454 | Fiji Women's Crisis Centre - Ph: 331 3300 | 920 9470

Empower Pacific (Toll Free) - 5626 | Domestic Violence Helpline (Toll Free) - 1560

Medical Services Pacific (MSP) - 991 0894 | Ministry of Health

Stress Management Ward - CWMH: Ph: 331 3444 | Lautoka: Ph: 666 0399 | Labasa: Ph: 881 1444