

High-fi Screens

9:41



Your Very Own Safe Haven

Roll Number

Enter User ID

Password

Enter password

[Forgot password?](#)

Sign in

Don't have an account ? [Sign up](#)

9:41



Your Very Own Safe Haven

Find a friend

Find a therapist

Community center

9:



Abdullah
Naveed



Edit profile



Log out

← Choose your interests

Sports

Travel

Blogging

Photography

Dance

Arts

Continue

← Choose your preferred
interests in people

Sports

Travel

Blogging

Photography

Dance

Arts

Continue



Loading.





Loading..

Loading..

9:41



Friends recommendations:

Dua Hassan

- Sport
- Swimming

Jawad Ahmed

- Gaming
- Animal Lover

More recommendations in: 23:55:02

Rubina Abdullah



Friends



Home



Notification

9:41



Friends recommendations:

More recommendations in: 23:55:02

Rubina Abdullah

- Chess and strategy lover
- Looking to find

Shakeel Ahmed

- MAJOR dog lover
- Music enthusiast

Mahnoor Shakeel



Friends



Home



Notification



Dua Hassan



Scheduled
meetups



Edit profile



Blocked

3:55:02



Contact us



23100199@lums.edu.pk



0900-786-01



Logout



fication

9:41



← Messages



Dua Hassan



Hi!



Friends



Home



Notification

9:41



Dua Hassan

Age:

School: HSS

Major: Economics

Interests:

Writing

Sports

Reading

Swimming

Cyclina

Chat

Meetup

Block



Friends



Home



Notification

9:41

← Dua Hassan ⋮

Hello , how are you. This week end we are planning to go on a trip to some very beautiful and rather un visited places. You can Dm me if you want to go on a trip or you can send a message here with interested. This would be a great opportunity to relax after the hectic HCI deadline this week.



That's very nice place! you guys made a very good decision. Can't wait to go on vacation!

+

q w e r t y u i o p
a s d f g h j k l
z x c v b n m

Friends Home Notification

9:41



Dua Hassan

Meet up Request

Description

Enter Description

Event Date

DD

MM

YYYY



Select Date

Event Time



Friends



Home



Notification

9:41



Dua Hassan

Meet up Request

November 2021 ▾ < >

Des

M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

Event Date

DD

MM

YYYY



Select Date

Event Time



Friends



Home



Notification

9:41



Dua Hassan

Set time

06 27 54

06 : 28 : 55 PM

Eve 06 27 54 AM

DD

Cancel

Save

Date

Event Time

HH

MM

AM/PM



Select Time

Location

Enter Location



Friends



Home



Notification

9:41



← Notifications

Ahme Sent you a meetup request

Date: 8/11/2022

Description: Lets have chai togehether and talk about design flaws in everything we see.

Confirm

Deny



Dua Hassan

Sent you a message request

Chat



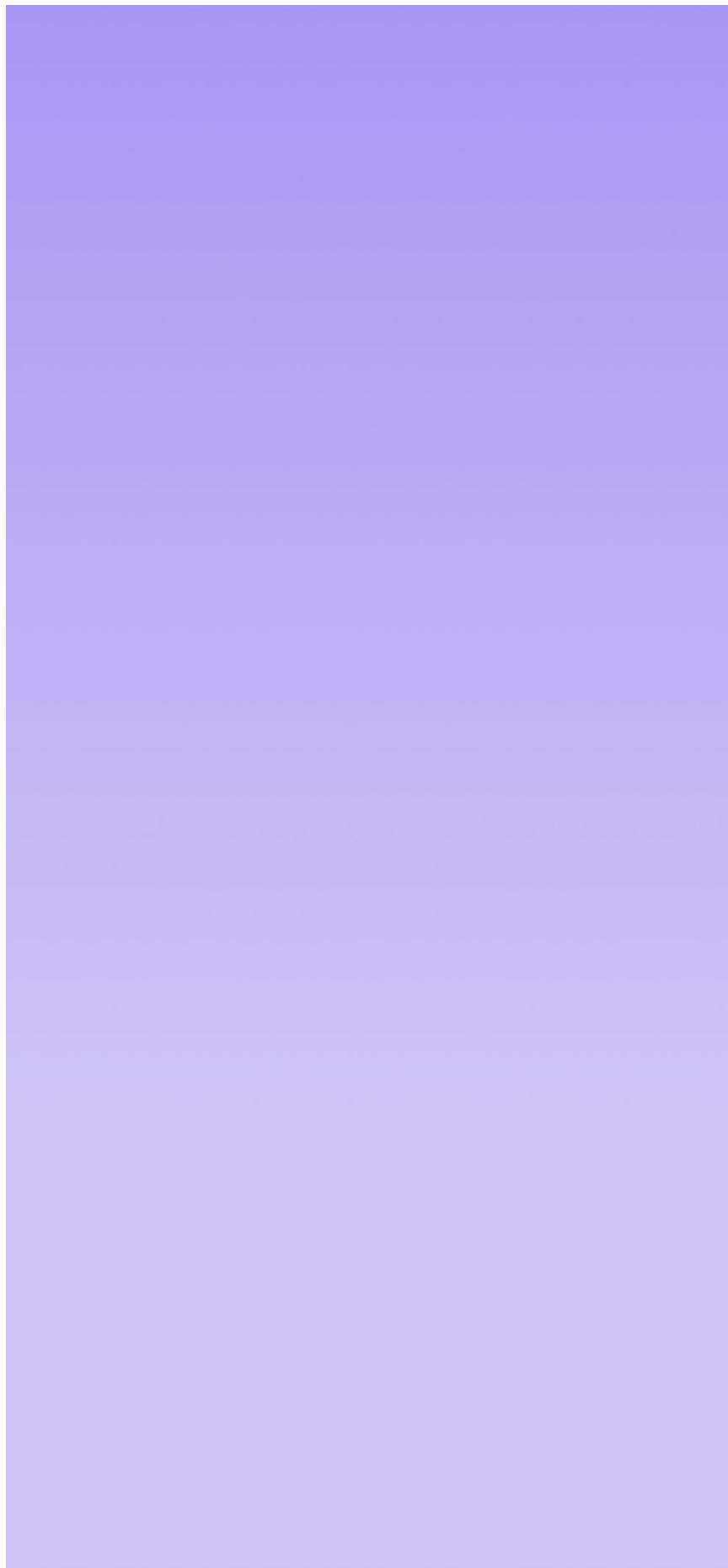
Friends



Home



Notification



9:41



Friends recommendations:

Dua Hassan

- Sport
- Swimming

Jawad Ahmed

- Gaming
- Animal Lover

More recommendations in: 23:55:02

Rubina Abdullah



Friends



Home



Notification



Dua Hassan X



Scheduled
meetups



Edit profile



Blocked



Contact us ▾

3:55:02

✉ 23100199@lums.edu.pk

☎ 0900-786-01



Logout



fication

9:41



← Scheduled Meetup



Ahmer

Date: 8/11/2022

Description: Lets have chai togehether
and talk about design flaws in everything
we see.

Location: Khokha



Dua Hassan

Date: 8/11/2022

Description: Lets have chai togehether
and talk about design flaws in everything
we see.

Location: Khokha



Friends



Home



Notification

9:41



← Edit Profile



Name:

Enter Name...

Age:

Enter Age...

Roll number:

Enter Roll number...

Email:

Enter Email...

- Choose your interests
- Choose your preferred interests in people

Done



Friends



Home



Notification

9:41



← Blocked



Dua Hassan

Unblock



Friends



Home



Notification



What are your concerns?

Stress

Anxiety

Depression

Lonliness

Heartbreak

Relationship Issues

Continue



Have you tried therapy before?

In therapy currently

Tried in the past

No

Continue



What kind of help do you want to receive?

Depression management

Stress relief

Anger management

Overcome anxiety

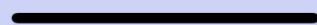
Addiction therapy

Trauma therapy

Continue



Loading.





9:41



Therapist recommendations:

Filter

Shumaim Zehra



- Bs clinical Psychology
- 15 years experience

Dua hassan



- Bs clinical Psychology
- 15 years experience

Other Psychologists:

- Caps

Jawad Azhar



Therapist



Home



Info



Abdullah
Naveed



Saved



ns:

Filter



Edit profile



Contact us



✉ 23100199@lums.edu.pk

📞 0900-786-01



Log out



9:41

Filter

Price



A horizontal slider for filtering price. The scale ranges from "Rs 0" on the left to "Rs 50K" on the right. A circular thumb is positioned near the center.

Distance



A horizontal slider for filtering distance. The scale ranges from "0 Km" on the left to "50 Km" on the right. A circular thumb is positioned near the center.

Caps only

External Psy. only

Male only

Female only

Done

9:41



Saved Therapists



Therapist



Home



Info

9:41



← Edit Profile



Name:

Enter Name...

Age:

Enter Age...

Roll number:

Enter Roll number...

Email:

Enter Email...

- What are your concerns?
- What kind of help do you want to receive?

Done

9:41



Shumaim Zehra



CAPS

Rating: ★ ★ ★ ★

Qualification: Ms

Psychology

Lore ipsum dolor sit amet,
consectetur adipiscing elit.

Experience: 28 years

Skillset: Specialist in dealing

- Addiction therapy
- Depression management
- Trauma therapy

Distance from Lums: 2 Km



Therapist



Home



Info

9:41



Shumaim Zehra



CAPS

Experience: 28 years

Skillset: Specialist in dealing

- Addiction therapy
- Depression management
- Trauma therapy

Distance from Lums: 2 Km

Location: Gulberg III

Contact info: 0900-786-01

Reviews



Therapist



Home



Info

9:41



Shumaim Zehra



CAPS

However, now I dont need

..... See more

See more

Add a review

Rating:

Write a review



Therapist



Home



Info

9:41



← Information

What is mental health?

Major causes of mental illness

Main groups of mental disorder

Caps Information and process



Therapist



Home



Info

9:41



← What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be



Therapist



Home



Info



9:41



Search



Community Center

EVENTS

GENERAL

LUMS TALK

EVENTS

ANIMALS

Create Event

Create Channel



Community Center



Home



Notification

9:41



Search

Create Event

Event

General

Mental

UPCOMING EVENTS

PAST EVENTS



Wed, Nov 16 • 5:30 PM • 25 going

Group yoga session

📍 Cricket ground.



Sat, Nov 19 • 2:00 PM • 32 going

A Virtual Evening of Smooth Jazz

📍 Khokha



Sat, Nov 26 • 1:30 PM • 25 going

Women's support group discussion

📍 NIB Auditorium



Fri, Dec 2 • 6:00 PM • 40 going

Books Discussion activity

📍 Jammin



Mon, Dec 5 • 10:00 PM • 45 going

Walk and talk



Community Center



Home



Notification

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Search

Create Channel

Event

General

Mental

Ahmed Kamran

Hello guys, how are you all. This week end we are planning to go on a trip to some very beautiful and rather un visited places. You guys can Dm me if you want to go on a trip or you can send a message here with interested. This would be a great opportunity to relax after the hectic HCI deadline this week.



Hussain Shabir

Interested. Really great idea. Please send more



9:41



Search

Create Event

Event

General

Mental

UPCOMING EVENTS

PAST EVENTS



Wed, Nov 9 • 5:30 PM • 25 going

Group yoga session

📍 Cricket ground.



Mon, Nov 7 • 10:00 PM • 45 going

Walk and talk

📍 Cricket Ground



Sun, Nov 6 • 10:15 AM • 50 going

Peaceful Music

📍 Library Lawn

Community Center



Home



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← Notifications



Shumaim created a new channel

Channel Sports



Upcoming Event : Women's support group discussion

Nov 26 , NIB Auditorium



Shumaim Messsaged in Channel

Channel Sports



Community Center



Home



Notification

9:41



← Create a Channel

Channel Name

Enter Channel name

Channel Purpose

Enter Channel Purpose

Channel Description

Enter Channel Description

Submit



Community Center



Home



Notification

9:41



← Create a Channel

Channel Name

Enter Channel name

Channel Purpose

Enter Channel Purpose

Create Channel Request
Submitted Succesfully!

Done

Submit

9:41



← Create a Event

Event Name

Enter Event name

Event Date

DD

MM

YYYY



Select Date

Event Time

HH

MM

AM/PM



Select Time

Location

Enter Location

Picutre:

Upload Picuture

Channel Description

Enter Channel Description

Submit



Community Center



Home



Notification

9:41

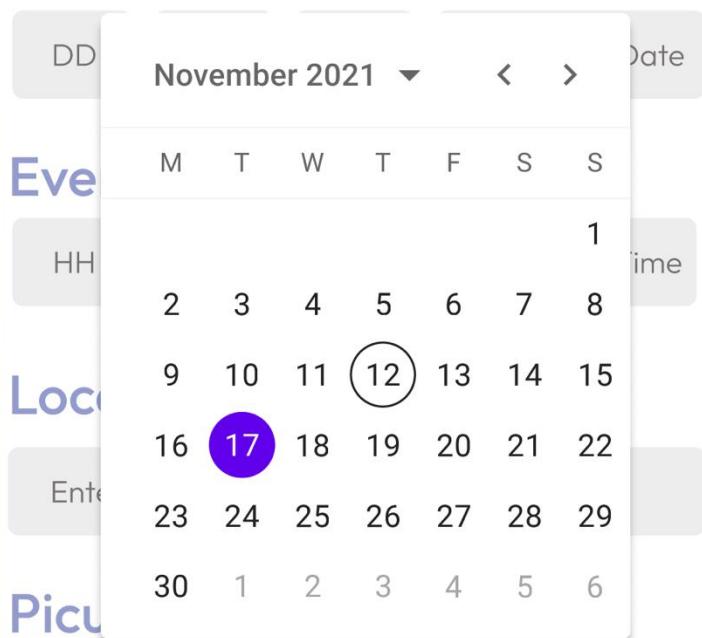


← Create a Event

Event Name

Enter Event name

Event Date



Channel Description

Enter Channel Description

Submit



Community Center



Home



Notification

9:41



← Create a Event

Event Name

Enter Event name

Event Date

DD

Set time

Date

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06 :28 : 55 PM

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06 27 54

AM

Enter

Cancel

Save

Picture.

Upload Picture

Channel Description

Enter Channel Description

Submit

9:41



← Create a Event

Event Name

Enter Event name

Event Date

DD

MM

YYYY



Select Date

Create Event Request
Submitted Succesfully!

Done

Picutre:

Upload Picuture

Channel Description

Enter Channel Description

Submit



Community Center



Home



Notification