

TEENLINE Counselling Service

(An initiative of Child in Need Institute)



TEENLINE a dedicated counseling service, was started by CINI in 2002 to answer queries and provide first level counseling to young people on sexual reproductive health issues, psycho social and emotional problems and family issues. CINI has introduced a toll Free Tele counseling service as well face to face counseling service for the young people and parents to deal with their emotional problems.

Every moment, adolescents/young people face the challenge of balancing the inner needs of the individual and the outer demands of the society to create an identity of her/his own. In this phase of multi-dimensional changes, it becomes difficult for an individual to cope with every aspect of her/his life – physical, psychological and social. Counseling helps young people to identify the causes and alleviate symptoms of distress; improves their social and emotional resources, increases their use of effective communication skills to share and express emotions; and strengthens relationship with family, community and peers. TEENLINE is here to listen to queries from the 'Unknown Hellos' and guide them towards a healthy adolescence. The services of TEENLINE counseling are mentioned below

OUR SERVICES:

- **Tele-counselling service**
- **Face to face counselling services** for emotional problems faced by adolescents
- **Referral services** and networking for specialized counselling, medical counselling for adolescents
- **Career Counselling**
- **Group Counselling**
- **Family Counselling/ parental counselling**
- **Therapeutic Sessions** (Group Session + Individual Session)
 1. Dance Movement Therapy
 2. Music Therapy
 3. Meditation Therapy and Guided Imagery
 4. Art Therapy
 5. Play Therapy
- **Psychometric Tests**
 1. IQ Test
 2. Social Maturity
 3. Personality Test (TAT/CAT/DAP/ RORSCHACH)
 4. Paper Pencil Tests on Depression/Anger/Anxiety
- **Seasonal Workshops at school & college level**
- **Outreach counselling/ Home base counselling.**

Book your Appointment now

Call at: 1800-121-5323

**Or Visit: 23/44 Gariahat Road
Kolkata-700029
(Near South City college)**

