Academic Concerns:

“I am a medical student. I already have a few backlogs and I have a huge practicum tomorrow, I feel absolutely unprepared for this.”

“As my exam is getting closer I am unable to concentrate on my studies, I am afraid I will fail the exam and will disappoint my parents.”

Career Related Concerns

“My son didn’t clear his 12th grade, he is really disturbed and so am I. Should I make him repeat the year or should I explore some other course for him?”

“I was forced to pursue engineering after my 10th but my interest lies in commerce stream. How do I speak my parents about this?”

I have passed 12th and I wish to pursue fashion designing but my parents are forcing me to apply for medicine saying that there is no scope in Fashion. What sort of opportunities are available in India for either of the courses?”

Disability – Physical & Intellectual:

“My child has been diagnosed with mild intellectual disability. Can you tell me what form of treatment we should look at and what should we consider while caregiving?”

“Since, 25 years I have been physically disabled, I help in the family business but I keep on comparing myself with the able-bodied individuals and I feel like I am failing.”

“I feel like my disability limits me. I can’t take it anymore. ”

Economic Crisis:

“I am a farmer, I have suffered major loss in my crops due to the same I am in a financial crisis. I am really stressed I don’t know what to do”

“I am in a lot of debt and I don’t even have any assets left to sell and repay the loan. I am really distressed and considering suicide.”

“I lent a lot of money to someone I know and my family doesn’t know about this. The person is refusing to return the money. I am in a crisis and I am feeling lost about what to do.”

Emotional Distress:

“My parent has just been diagnosed with brain tumour. I can’t stop crying since then, I feel really shocked and helpless”

“I lost my wife a few months back. I can’t get on with my life. ”

“I feel really low, I don’t know why. I think I am going to self-harm if my feelings don’t change.”

“I feel really anxious about future I am afraid of failing and that keeps me from trying.”

“My partner doesn’t have a job. I feel mentally frustrated as it is causing financial and relationship strain.”

Mental Health

“I have been diagnosed by depression and I have been put on medications but I get a lot of nightmares and I am afraid of going back to work”

“My sister was diagnosed with schizophrenia a few years back. Since a over a month she is refusing to take any medications or to see a doctor.”

“I have been feeling really low for some time now, I quit my job and am at home but I feel so anxious that I haven’t left my home for three months now.”

Physical Health

“I have been diagnosed with cancer and I am undergoing the treatment I try to be strong because I don’t wish to worry my family members.”

“I have taken a test for HIV and the result is tomorrow. I am feeling extremely anxious, I can’t tell any of this to my parents.”

“I have undergone operation for cancer. My doctor has asked me to walk daily but I feel breathless I am afraid if I don’t do this there will be a relapse.”

Relationship Issues:

“We have been in a relationship for over half a decade, lately I don’t feel like I can connect with him anymore.”

“Me and my spouse are working people. We can’t seem to find enough ‘family time’ I am worries that our children are unhappy about that.”

“My son is very mischievous, he back answers but only at home and in no other setting. How can I handle him?”

Sexual & Reproductive Health Concerns

I feel that I am too young to engage in sexual intercourse. I feel aroused and I engage in masturbation but I feel extremely guilty after.”

“I experience premature ejaculation. Due to which my spouse is extremely unhappy. I am afraid she will stop loving me if this continues.”

“I am attracted to other females and I often notice women’s attire and desire to dress up like that. Is it normal?”

Substance Abuse & Habitual Addictions:

“My son is into heavy drugs and he has taken a lot of money from goons. Can you help me, I am feeling very helpless?”

“My spouse drinks heavily, some time back he agreed to stop because it was leading to a lot of fights. Then he started again, I don’t know what to do.”

“I consume a lot of substances and I tend to do it when I am feeling low. If I am not doing that then I am watching pornography. I feel like I have hit rock bottom because I have no control over these urges.”

Suicidal Ideations:

“My wife passed away a few months back. I have been trying my best to cope but I can’t take it anymore. I am planning to overdose on my medications and end this.”

“I broke up with my partner, I thought it would be easy. I am alone now, I feel devastated. I have a plan to end my life.”

“My parents had said that they would marry me off if I failed and I did. I left my home I am going to throw myself in front of a bus, I can’t go back home.”

Work-Life Concerns:

“I have been posted on a site out of the city. I am exhausted out of the travel and don’t have energy left to engage with my family.”

“My colleagues are really competitive. I don’t feel like working, I don’t feel hungry. What is happening to me?”

“My work is really exhausting, I feel I can’t keep up with it. My absenteeism has increased, I can’t complete simple tasks, I can’t even concentrate on work. I just want to quit and run away.”