



ENAM MEDICAL COLLEGE
9/3, Parboti Nagar, Thana Road, Savar, Dhaka

Psychological Support Service Form (PSSF)

MBBS Course – Student support service

A. Student Information

Name : _____
Student ID / Roll No : _____
Year & Term : _____
Contact Number : _____
Email : _____

B. Mental Health Concerns

- Stress
- Anxiety
- Sleep disturbance
- Depression
- Burnout
- Exam phobia/performance anxiety
- Social anxiety
- Panic attacks
- Substance/medication misuse
- Suicidal thoughts /self-harm (urgent referral)
- Other: _____

C. Description of Mental Health Concern

D. Support Requested

- Psychological counseling
- Crisis intervention
- Stress management session
- Time management help
- Peer support
- Referral to psychiatrist
- Other: _____

E. Risk Assessment (For Official Use Only)

No immediate risk Moderate risk High risk – urgent action required

F. Office Use Only

Counsellor summary : _____
Action plan : _____
Follow-up schedule : _____

Signatures :

Student : _____
Counsellor : _____
Date : _____