



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 : _____