

NSU Community to Get Free 24/7 Mental Health Services through Shukhee App

Dhaka, 17 August 2026: North South University (NSU) has launched a free 24-hour mental health counselling service for its students, faculty members, and staff. The service has been introduced through a partnership with Shukhee, one of Bangladesh's leading digital healthcare platforms operated under Grameen HealthTech Limited.

The initiative was announced following a meeting between the leadership of North South University and Shukhee, where both sides discussed strengthening accessible and technology-enabled mental healthcare services for the NSU community. The initiative is being implemented in partnership with the NSU Counselling & Wellbeing Centre (CWC), integrating Shukhee's virtual mental wellness support with the university's existing counselling services.

Representing North South University at the initiative were Professor Abdul Hannan Chowdhury, Vice Chancellor; Professor Nasar U. Ahmed, Pro Vice-Chancellor; Professor Abdur Rob Khan, Treasurer; and Professor Abdul Khaleque, Proctor, NSU. Dr. Armaan Ahmed Siddiqui, CEO of Grameen HealthTech Limited, was also present at the event.

Speaking on the initiative, **Professor Abdul Hannan Chowdhury, Vice Chancellor of North South University**, said, "At North South University, we believe that the wellbeing of our students and members of our community is fundamental to their academic, professional, and personal success. Mental health support must be accessible, timely, and free from stigma. This partnership with Shukhee will further strengthen our existing counselling services and make professional support easier to reach, particularly when someone needs it most."

Emphasizing the importance of privacy in mental healthcare, **Dr. Armaan Ahmed Siddiqui, CEO of Grameen HealthTech Limited**, said, "Seeking support for your mental health should never come with fear of judgment or concerns about privacy. At Shukhee, we believe every conversation deserves compassion, confidentiality, and respect."

Professor Nasar U. Ahmed, Pro Vice-Chancellor of NSU, said, "University life can bring a range of academic, personal, and social pressures, and timely mental health support can make a meaningful difference. Through this partnership, our students, faculty, and staff will have another convenient avenue to seek professional counselling whenever they need it."

Professor Abdul Khaleque, Proctor of NSU, said, "Students should feel comfortable seeking professional help whenever they face stress, anxiety, loneliness, relationship concerns, or other personal challenges. This initiative will complement the support provided by our Counselling & Wellbeing Centre and help ensure that members of the NSU community can access appropriate assistance without hesitation."

Under the initiative, users with an NSU-registered mobile number can access Shukhee's Instant Psychologist service at no cost. Qualified counsellors and psychologists will provide virtual counselling sessions addressing a wide range of mental and emotional concerns, including stress, anxiety, loneliness, relationship issues, and academic or workplace pressure.

Users will be able to book a 30–45-minute counselling session at a convenient time. The service will remain available 24/7, allowing members of the NSU community to seek professional support whenever they need it, including outside regular university hours.

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All counselling sessions provided through the service will be strictly confidential, ensuring that users can discuss their concerns privately with qualified mental health professionals.

North South University continues to prioritise the holistic well-being of its community by promoting mental health awareness, accessible counselling, and a supportive campus culture alongside academic excellence.