

**Paper Title:** Identifying Barriers to Seek Mental Health Counseling In Private University Students

**Abstract:**

Culturally there is a negative connotation to seek counseling for mental health issues. It is very common to discourage people who want to seek counseling in the wider Bangladeshi community in general. We often see that Bangladeshis in general are openly discussing their problems with friends and families but they refuse to seek professional counseling. Risk and resilience factors for mental health problems are differentially distributed and influenced by aspect of social identity including gender, ethnicity, sexual orientation and age. The objective of this paper is to identify barriers in private universities in Dhaka that stop students from using the free counseling services on campus. The paper also explores the cultural factors and inequalities that come to bear and create potential barriers for students accessing counseling services.