

# Counseling & Psychological Services

- ◆Free & Confidential Counseling
- ◆Professional Staff
- ◆Informational Lectures & Seminars
- ◆Groups & Classes
- ◆Consultation on How to Help a Friend

## Counseling & Psychological Services

211 Swingle Hall

*(Above Student Health)*

994-4531

M-F 8-12 and 1-5

Help is Available For:

Academic Difficulties  
Identity Concerns  
Performance Enhancement  
Depression  
Anxiety  
Substance Use  
Suicidal Thoughts  
Eating Concerns  
Sexuality  
Relationships  
Past Abuse  
Rape/Sexual Assault  
Sexual Concerns  
Self-Harming Behaviors  
Major/Career Choice  
Behavior Change  
Homicidal Thoughts  
Gender Issues

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