WE CAN HELP

COMMON STRUGGLES

Our staff can provide help with or referrals for a variety of concerns. Some examples include:

MENTAL HEALTH
Alcohol and substance abuse, Anger management, Anxiety disorders, ADD/ADHD related concerns, Depression, Grief and loss, Stress management, Suicidal ideation, and Self harming behaviors

RELATIONSHIP PROBLEMS
Room mate issues, Problems involving friends or significant other, Family problems, Domestic violence, & Sexual assault

BODY IMAGE
Body Image, Weight loss, Self esteem, & Eating disorders

TROUBLE ADJUSTING TO COLLEGE
Missing home, adjusting to new environment, study skills, time management, career/major guidance

IDENTITY
Gender/Sexual identity & Self identity

TRAUMA
Processing past or current trauma, PTSD, & Complex trauma