Wellness Center Counseling Services

You may be feeling worried and fearful about the recent news reporting a case of Ebola occurring within the United States. Situations like this can increase levels of stress and anxiety. It is important to be educated about your sources of stress to understand some of the triggers and red flags you may have with processing information about this information. There can often be rumors and misinformation about a stressful event – be sure you receive updates from a reliable news source so you are not misguided about the true risk and precautions available in your community.

Common reactions to infectious disease outbreaks:
- Feeling tense and nervous
- Constant exhaustion
- Difficulty sleeping
- Constant crying
- Isolation
- Excessive alcohol and/or drug use
- Difficulty concentrating

Counseling services can help.
Counseling is a chance to talk with an objective person who can help you learn new skills and ways of looking at situations so that you’re better equipped to solve problems on your own.

Reasons why a student might want to use our mental health services:
- Counselors are non-judgmental, objective, professional, experienced helpers.
- Counselors try to make you comfortable in talking.
- Counseling involves the concerns and problems of normal students.
- Lots of students are using our services.
- Initiating and remaining in counseling is voluntary.
- All counseling is confidential. It is not part of your academic record.

People come in all shapes, sizes, colors, identities, sexual orientations, and mindsets. We get that! Join us in exploring the exciting process that is diversity. Bring your questions and experiences to your Wellness Center provider.

Get started today! Find out about current groups and programs or schedule an individual appointment by visiting us online at www.luc.edu/wellness. Or reach us by phone at 773-508-2530.