

Syllabus Statements on Mental Health Resources

Undergraduate

Life at college can get very complicated. Students sometimes feel overwhelmed, lost, experience anxiety or depression, struggle with relationship difficulties or diminished self-esteem. However, many of these issues can be effectively addressed with a little help. Student Counseling Services (SCS) helps students cope with difficult emotions and life stressors. Student Counseling Services is staffed by experienced, professional psychologists and counselors, who are attuned to the needs of college students. The services are FREE and completely confidential. Find out more at counseling.illinoisstate.edu or by calling (309) 438-3655.

Graduate

Life in graduate school can get very complicated. Students sometimes feel overwhelmed, experience anxiety or depression, and struggle with relationships or family responsibilities. Student Counseling Services (SCS) helps students cope with difficult emotions and life stressors. The office is staffed by experienced, professional psychologists and counselors, who are attuned to the diverse needs of all types of college students. The services are free and completely confidential. Contact them at counseling.illinoisstate.edu or call (309)438-3655.