General Counseling Center Services

• The Counseling Center provides the following services to help students live a more balanced life:
  – Initial Appointment/Consultation
  – Short term individual and couples counseling
  – Group counseling (e.g., Mandarin Process Group, Older Students Group)
  – Referrals for private therapy
  – Outreach and consultation
  – Alcohol and other drug assessment and counseling
  – Educational services (Reading & Study Skills)
  – Self-help brochures and materials
What is counseling?

• Counseling is an interpersonal relationship between a trained counselor and a client, with the goal of helping clients with problems in living
  – Individual (one-on-one) or group
  – Counselors generally have a master’s degree or doctorate in psychology

• Talking about your problems in a safe, neutral environment can be helpful for a broad range of problems
  – Chance to explore feelings
  – Learn about yourself
  – Create solutions to problems
Myth #1: only people with severe problems seek counseling

- Fact: counseling can be beneficial for almost anyone. It does NOT mean you are “crazy.”

- Common reasons students seek counseling:
  - Academic difficulties
  - Time management and procrastination
  - Adjusting to college life / homesickness
  - Depression
  - Stress and anxiety
  - Relationship problems (e.g., conflicts with advisor)
  - Family difficulties
  - Grief & loss
Myth #2: If I seek counseling, my family or professors will find out

- Fact: All counseling services are CONFIDENTIAL

  - This means that we cannot tell anyone that you are in counseling, without your written permission
  
    • *Exceptions to this rule: your counselor believes that you are at risk of hurting yourself or someone else*

  - If you receive counseling, it will NOT show up on your academic record
Myth #3: I cannot afford counseling

- Fact: All services at the Counseling Center are FREE
  - Well, not really free, but they are covered by the Health Service Fee, which you already pay every semester. So, you do not have to pay for services “out of pocket.”
  - The Health Service Fee allows you to receive services at both the Counseling Center and McKinley Health Center (McKinley houses physicians for routine medical care)
  - This fee is separate from Student Health Insurance, which covers hospital care and medical care received off-campus
How do I schedule an appointment?

• Initial Appointments are scheduled on a same-day basis
  – Call **217-333-3704** starting at 7:50am to schedule an appointment for later that day (call early; we fill up quickly)

• **Location:** 2nd Floor of Turner Student Services Building (610 East John Street)

• **Contact:** (217) 333-3704
Who will my counselor be?

- All counselors have experience working with both domestic and international students.
- A few counselors are bi-lingual (e.g., Spanish, Mandarin, and Korean), though most counseling sessions are spoken in English.
Check out our website for more information

• [http://counselingcenter.illinois.edu/](http://counselingcenter.illinois.edu/)
Thank you! 😊