

Taking Charge of your Mental Health

- There may be a brief wait before your first visit, inform the therapist if you need to see someone right away.
- Surround yourself with support from family and friends.
- Continue doing what you love: reading, sports, writing, nature walks, creating art.
- Ask questions regarding your upcoming tele-health session!
- Call your insurance and ask what mental health benefits are covered.

Initial Appointment

- You will be asked to complete paperwork (electronically) prior to your initial appointment, make sure all information is complete.
- Be ready to talk about your health history and what you're experiencing.
- Be clear about what you want and need to get better.
- Ask about treatment options so you understand the plan and what you need to do.

Stay Involved

- Keep a wellness log and monitor your progress.
- Ask for changes if your treatment plan is not working for you.
- Stick with it, most therapies take time to work.
- Your treatment plan may change so be an active partner in this process.

For more information visit:



WELLNESS CENTER

The Wellness Center is located in the University Center building across from Herrick Chapel.

Hours of Operation

Mon-Thur: 9 a.m. to 4 p.m.
Fri-Sun: Office Closed

Please complete a Counseling Services Request form on MyJudson's Counseling site to schedule an initial appointment.

Fees

Individual Counseling

The first counseling session is free. After that, we will work with your health insurance company to determine the cost of sessions and/or discuss alternative options.

Group Counseling

All workshops and group sessions are free.

Contact Us

Phone: 847-628-2464

Email: wellnesscenter@judsonu.edu

Website: myjudson.judsonu.edu/ICS/Wellness



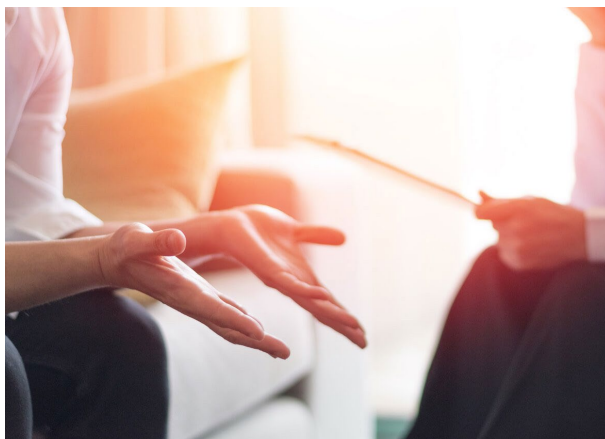
Look for Judson University Wellness Center!

WELLNESS CENTER
1151 N STATE STREET
ELGIN, IL 60123

COUNSELING SERVICES WELLNESS CENTER

*Holistic Care for the
Body, Mind & Soul*





Ways Counseling Can Help:

- Navigating difficult decisions.
- Learning new ways of coping with stress, anxiety, anger or sadness.
- Developing healthier ways of communicating with others.
- Walking through relationship, spiritual or personal difficulties.
- Referrals to additional providers and support services.

Counseling is confidential. We will not communicate with your professors, parents or friends without your written permission.

Signs that you or someone you know may need help:

- Missing classes/Not completing work.
- Regularly sad, angry, irritable or tired.
- Avoiding people or activities.
- Recurring physical symptoms with no medical explanation.
- Thinking about hurting/harming yourself or others.

If you need immediate help, call:

- **9-1-1**
- Campus Safety at **847-628-9999**
- Psychiatric Emergency Program (PEP) at **847-888-2211**
- Elgin Community Crisis Hotline at **847-697-2380**
- National Suicide Hotline at **800-273-8255** or **Text HOME to 741741** for 24hr crisis text line

What are Support Groups?

Groups usually consist of three or more students, a trained leader and an intern/student leader who meet together to talk about common concerns.

Groups are a way to examine how we function interpersonally and recognize the universality of our concerns. Change occurs through support, feedback and interaction.



Commonly Asked Questions

What is Counseling?

Counseling consists of developing a therapeutic relationship between a client and a therapist.

Therapists provide empathic, non-judgmental and client-centered guidance in order to assist individuals work towards holistic growth and healing.

Identifying goals in therapy helps clarify desires and allows for a pathway towards restoration.

What are some issues I can discuss with my counselor?

- Academic Struggles
- Conflict Resolution
- Developing Healthy Coping Strategies
- Emotion Regulation
- Interpersonal Relationships
- Stress and Anxiety
- Sleep Difficulties
- Self-Esteem and Self-Compassion
- Time Management

What are the benefits of Support Groups?

- Support from Others
- Promotes Social Skills
- Provides Different Perspectives
- Normalizes your Experiences
- Promotes Self-Awareness
- Safe Space to Try New things
- Ability to Encourage Others
- Receive Chapel Credit