

# FREE COUNSELING SERVICES

offered in a partnership with Ivy Tech and Better Mynds.



## DID YOU KNOW...

**More than 25%** of college students have been diagnosed or treated by a professional for a mental health condition within the last year.

- More than **11%** of college students have been diagnosed or treated for anxiety in the past year and more than **10%** reported being diagnosed or treated for depression
- More than **40%** of college students have felt more than an average amount of stress within the past 12 months
- More than **80%** of college students felt overwhelmed by all they had to do in the past year and **45%** have felt things were hopeless

## COUNSELING SERVICES

Depression, grief, stress, relationship issues, etc. are challenges that many students may face. These difficult issues can sometimes interfere with your ability to perform at home, school, work, or in the community. We are here to help you by lending support, connecting you with resources, and providing you with a safe and confidential place to help seek out solutions for your troubles.

Through a partnership with Families First, an accredited nonprofit counseling agency, Ivy Tech offers free short-term counseling services for all currently enrolled students.

### Services are tailored to your needs including (but not limited to):

- Chemical dependency/substance abuse
- Communication problems
- Difficulty with decision making
- Domestic abuse
- Family issues
- Grief and loss
- Mental health (i.e. depression, anxiety, etc.)
- Past trauma
- Relationship/marital troubles
- Stress (job-related, school-related, family, etc.)

## CONTACT

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