

Ask Somebody

Need advice?

Have a question on relationships?

Feeling down?

Want tips on relaxation?

Need to cut down on your stress?

Stop in at our “drop-in” advice sessions located in the following residence halls. There will be a counselor from Student Health and Counseling available to answer your questions.

September 9th-November 25th

Excluding holidays

Hansen—Lower Level Lounge

Tuesdays 1:00pm-2:30pm

Young—1st Floor Dayroom

Wednesdays 11:00am-12:00pm

Mathews—Basement Multipurpose Room

Thursdays 1:00pm-2:00pm

If you have questions, please call Student Health and Counseling at 688-6146 or stop by the Wellness Center.