

**Feeling Stressed,
Overwhelmed,
Depressed?
Give us a call.**



The Student Counseling and Resource Center at Lindenwood University offers **free, confidential counseling services** to help you, including:

- Individual Counseling**
- Group Counseling**
- Career Testing**
- Consultation**

-Counseling is not just for those who suffer from serious psychological problems.

All of us have times when we could benefit from talking with a caring, professional listener, and it is common for students adjusting to college to sometimes experience self-doubt, depression or stress that seems overwhelming.

-At the Student Counseling and Resource Center, **professionally trained Lindenwood graduate students** in their final term, provide counseling services for Lindenwood students.

-The Center for Christian Ministry also offers **pastoral counseling for students who request it**. Call 636-949-4889 for more information or to make an appointment.

-Services are completely confidential; we believe that a commitment to confidentiality is indispensable to effective, successful counseling.

-Counseling may be helpful if you have concerns about any of the following: **academics, feelings, relationship problems, personal habits and problems, identity and self-esteem**. If you feel any of these are of a significant concern, you may find it helpful to speak with a counselor.

**Contact professor Marsha Andreoff, counseling coordinator,
for more information or to make an appointment.**

636-949-4528

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