

Common Reasons People Call Response

RESPONSE

- ❖ You're trying to get some perspective on a difficult situation.
- ❖ You or someone you know is thinking about suicide.
- ❖ You're worried or confused about a friendship, relationship, or family situation.
- ❖ You're feeling lonely, depressed, or discouraged.
- ❖ You're grieving from a recent loss.
- ❖ You're in therapy or waiting to see a therapist, but need to talk with someone now.
- ❖ You're an international student having difficulty adjusting to life in the United States.
- ❖ You're having a hard time making decisions, concentrating, or studying.
- ❖ You want help with an immediate personal crisis.
- ❖ You're looking for referrals to a therapist in the community or to other community resources and services.
- ❖ You're a parent or friend who is concerned about someone's emotional well-being.

New!

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Crisis Counseling -
- Log On Today!***

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24/7 – Free – Confidential - Anonymous

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