



TOP 10 THINGS YOU SHOULD KNOW ABOUT COUNSELING SERVICES

1. Counseling Services is FREE and available to all currently enrolled Greensboro College students.
2. Counseling is confidential and what you talk about in counseling cannot be shared with anyone, including your parents, without your written permission unless you or someone else is in danger.
3. Counseling Services is staffed by licensed mental health professionals and graduate-level interns.
4. Going to counseling does not mean that you have a mental illness. It means that you want to have better mental and emotional health.
5. Counseling sessions are usually about an hour, and meetings are based on your needs and schedule.
6. Counselors focus on wellness and want to help you meet your goals by helping you recognize your strengths, gain greater insight, and develop more effective ways of responding to life's challenges.
7. Counseling may address a variety of concerns including, but not limited to:
 - Adjustment to college life
 - Stress management
 - Interpersonal relationships
 - Anxiety
 - Depression
 - Family concerns
 - Identity or self-image concerns
 - Substance abuse
 - Traumatic experiences
8. If your concern requires intensive or long-term treatment that cannot be provided at Greensboro College, you may be referred to an appropriate community provider.
9. Counseling Services does not prescribe medication; however, if medication is needed, the counselor will assist you with a referral.
10. Appointments are available Monday-Friday. To schedule an appointment, email **counseling@greensboro.edu**
Located in Main 325,326, and 327!