I'm stressed out.

I don’t know what to do.

I wish someone would listen.

I don’t feel like myself.

We can help.

COUNSELING SERVICES STAFF CAN HELP STUDENTS WHO EXPERIENCE:
- Stress
- Anxiety & Depression
- Alcohol and/or drug use
- Grief and loss
- Lack of self-esteem or confidence
- Eating problems
- Body image issues
- Roommate/friendship conflicts
- Family issues
- Abusive situations
- Relationship issues
- Adjustment to new life stages
- Loneliness
- Achievement concerns
- Motivation problems
HOW CAN DRURY COUNSELING SERVICES HELP YOU?  
FREE. VOLUNTARY. CONFIDENTIAL.

WHAT IS COUNSELING?
It is a process of sharing thoughts and feelings in confidence with someone who is objective and who is a good listener.

COUNSELING IS SELF-IMPROVEMENT.
Counseling helps you take control of your daily life. It is a positive and healthy step toward greater self-awareness and change.

COUNSELING IS COOPERATIVE.
Counselors don’t tell you how to live your life. They enhance the efforts you are already making through discussing new approaches to solving a problem, giving needed information, helping to clarify thoughts and feelings, or just through listening.

COUNSELING IS PREVENTIVE.
The cognitive, emotional, and behavioral changes achieved through counseling can be applied to new life situations, safeguarding against future problems and enhancing coping ability when problems arise.

COUNSELING SERVICES
Findlay Student Center 114
900 N. Benton Ave.
Springfield, MO  65802

www.drury.edu/counseling
Phone:  (417) 873-7418
Fax: (417) 873-6833
Email: counseling@drury.edu

Student Development
Findlay Student Center
Lower Level

BUT COUNSELING IS JUST FOR CRAZY PEOPLE, RIGHT?
Absolutely not!

Most students face concerns and academic pressures while at Drury and might at times feel intense anxiety, anger, sadness or depression.

Students come to the Counseling Services office wanting to feel better about themselves and others. The counselor is trained to assist with personal growth, with awareness of self and environment, and with developing the skills needed to cope with problem situations.

WHO CAN UTILIZE COUNSELING SERVICES?
Any full-time enrolled day school student at Drury University may use our services.

WHAT HAPPENS NEXT?
During the first session, you and the counselor will explore your current concerns and discuss the changes you desire. Together with your counselor, you will decide if Counseling Services is the best resource available to meet your needs and help you achieve your goals.

HOW MUCH DOES IT COST?
The services provided by Counseling Services are free, voluntary, and confidential.

Besides being available for individual counseling appointments, Counseling Services also sponsors a variety of campus programs and activities throughout the year:

· Fall Wellness Week
· Eating Disorders Awareness
· Alcohol Awareness
· Stress & Anxiety relief
· Time management
· Procrastination prevention
· Relationship help
· And more…stay tuned!

Counseling Services works closely with the medical staff at Drury’s Student Health Center when necessary to make sure that a student’s physical health is addressed, as well as mental and emotional health. Should a student benefit from seeing a doctor or discussing medication treatments, health clinic staff will assist.

Counseling Services will also refer students to off-campus providers if more in-depth psychological services are needed.