

HEALTH & COUNSELING SERVICES COUNSELING CLINIC



EASTERN ILLINOIS UNIVERSITY™

All students enrolled in classes are eligible for free, confidential, and voluntary services at the EIU Counseling Clinic. All students are guaranteed an initial consultation appointment to connect that student with a range of wellness services within the Counseling Clinic, across EIU Campus, and/or in the community.

Our Services

- ✓ Group Counseling
- ✓ Individual Counseling
- ✓ Crisis Counseling
- ✓ Mental Health Resources, Skills, and Consultation

Commonly Addressed Concerns

- Anxiety
- Depression
- Family/Relationship issues
- Grief & loss
- Sexual assault and abuse
- Concerns related to identity, gender, and sexual orientation
- Life decisions

Benefits of the EIU Counseling Clinic

- Gain a better understanding of yourself
- Create an individualized mental health plan specific to your needs
- Counselors are dedicated to support students' academic and personal growth.
- Learn new skills
- Create a support system

- Students are guaranteed mental health resources and one appointment, but not necessarily on-going counseling
- Students need to complete paperwork prior to first appointment
- Frequency and duration of counseling is determined by the counselor

Contact Us:

Hours: M-F 8A-12/1-4:30P

☎ 217-581-3413

🌐 <https://www.eiu.edu/counscstr/>

📍 Human Services-Room 1200



988 SUICIDE & CRISIS
LIFELINE