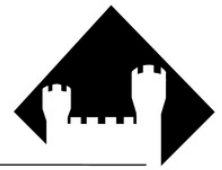


HEALTH & COUNSELING SERVICES COUNSELING CLINIC



EASTERN ILLINOIS UNIVERSITY™

What to Expect from Your First Appointment

All currently enrolled EIU students are eligible for a free and confidential appointment with Counseling staff. Here is what you could expect during your initial consultation:

30-50 minute session to create a plan based on your specific needs

- Discussing concerns/stressors
- Identifying mental health risk/protective factors
- Learning self-help strategies and skills
- Reviewing individualized recommendations

Students are guaranteed the initial appointment but not necessarily guaranteed ongoing counseling services, depending on student's needs.

Students may follow up with the Clinic if they feel their plan does not meet their needs.

Based on your initial consultation, staff will provide recommendations specific to your needs. Here is what may be included in your plan:

- follow-up appointment with staff
- skills and self-help resources
- on-campus and/or off-campus resources
- group counseling at the Counseling Clinic
- individual counseling at the Counseling Clinic
- primary care physician or psychiatric nurse practitioner
- off-campus counseling services

Staff may refer students to off-campus counseling services if:

- Student is unable to meet during operating hours of the EIU Counseling Clinic
- Student is in need of specialty services
- Student is in need of more frequent or long-term counseling services

**Please complete paperwork in your patient portal prior to your appointment

Contact Us:

Hours: M-F 8A-12/1-4:30P
217-581-3413

<https://www.eiu.edu/counsctr/>

Human Services-Room 1200



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