

YOUR MENTAL HEALTH MATTERS

You may find yourself in a problematic situation, but you don't have to deal with it alone. We offer free short- and long-term counseling and therapies to help you.

Our therapists can help with:

- Anxiety
- Depression
- Difficulties with your study load (lack of motivation, concerns about coping with study requirements, attention disorders)
- Family and relationship problems
- Stress management

MORE INFO:



If you are unsure whether therapy would suit you, you can arrange a free consultation. If you decide not to continue, you can at least get recommendations for other services that may be better suited for you.

