



What Is Counseling and Why Would I Decide to Make an Appointment at HNU Counseling Services?

Counseling & Psychological Services at Holy Names University is here to help students succeed personally and academically. Personal counseling is a time set aside for you. It is a chance to explore how you are feeling, what you want, and what is and is not working in your life. Being a student is exciting but sometimes stressful. You may decide that you are interested in looking inward and increasing your ability to make choices and take responsible action. For adjustment to life at HNU or transitional problems as well as for more serious concerns, it is helpful to speak with someone who is trained in helping.

In counseling you can think about alternatives or options to your current behavior, and new ways of understanding and dealing with the world. Counselors are open, non-judgmental, and culturally sensitive people who are there to listen and help you negotiate life's challenges. Many students encounter problems that are not easily resolvable, or their usual ways of handling problems are not working well for some reason. You may have found that talking to friends, relatives, or others on campus is helpful, but you also want an opportunity to focus on your concerns with someone who has a different perspective.

HNU's Counseling & Psychological Services offers free and confidential individual, couples, & group counseling as well as workshops and consultation to the campus community about psychological issues and concerns.

Some common concerns confronting students...

Relationships and Family—Drugs and/or Alcohol Use—School and Academic Problems—Past or Present Abuse—Life Transitions—Parenting—Grief and Loneliness—Depression and Sadness—Stress and Anxiety—Body Image Concerns—Sexual Identity Concerns—Self-Defeating Behaviors—Decision Making Dilemmas—Cultural Concerns

Counseling offers an opportunity to work on improving your...

Self-Esteem—Communication Skills—Mood—Ability to Manage your Anxiety—Assertiveness—Time Management Skills—Ability to Set Limits—Decision Making Skills—Study Skills—Anger Management Skills—Parenting Skills

If you are interested in scheduling an appointment...

Please drop by **Durocher Hall room A-7**, call **510/436-1530**, or email counseling@hnu.edu

All counseling is confidential. No information is released to anyone without written consent, unless someone is at grave risk of hurting her/himself or someone else. If you feel uncertain about whether counseling is for you, please feel free to make an appointment for an introductory meeting to discuss your concerns. There is no obligation to continue.