

**WE CAN HELP**



# COMMON STRUGGLES

Our staff can provide help with or referrals for a variety of concerns. Some examples include:

## MENTAL HEALTH

Alcohol and substance abuse, Anger management, Anxiety disorders, ADD/ADHD related concerns, Depression, Grief and loss, Stress management, Suicidal ideation, and Self harming behaviors



## RELATIONSHIP PROBLEMS

Room mate issues, Problems involving friends or significant other, Family problems, Domestic violence, & Sexual assault

## BODY IMAGE

Body Image, Weight loss, Self esteem, & Eating disorders

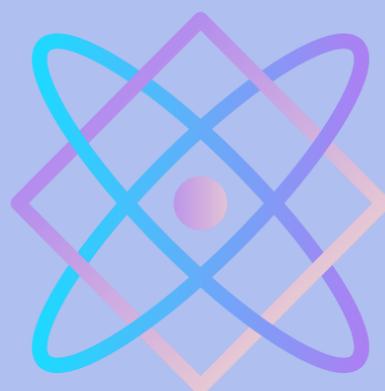


## TROUBLE ADJUSTING TO COLLEGE

Missing home,, adjusting to new environment,, study skills, time management, career/major guidance

## IDENTITY

Gender/Sexual identity & Self identity



## TRAUMA

Processing past or current trauma, PTSD, & Complex trauma