

Personal Counseling

COUNSELING GUIDELINES for Health Sciences Division Graduate Students:

Today's society is increasingly complex and we know that you may face a variety of personal situations as your education continues. The Health Sciences Division (HSD) of Loyola University Chicago is committed to assisting you through the challenges of your academic career. Most of the time, you will be able to effectively resolve personal issues on your own. However, at other times your mood, stress level, emotional health, family relations and career direction may require additional assistance. Effective, April 15, 2014, the Health Sciences Division will provide Student Counseling Services for all Health Sciences Division graduate students.

The HSD Student Counseling Program is delivered by Perspectives, an independent behavioral health organization established in 1981 that provides work/life, wellness and counseling services to many organizations locally and nationally.

The HSD Student Counseling Program is free, confidential, not on EPIC and provides:

- Unlimited 24/7 toll-free access (1-800-456-6327) to Masters-answered Call Center counselors to access information, resources and crisis support.
- An onsite counseling office in Room 2906 of the Maguire Building (the building east of Stritch on the opposite side of the current Research building construction) staffed by licensed masters level clinicians for assessment, counseling of up to 5 sessions per issue, with referral to additional resources (including the school sponsored psychiatrist) where necessary and follow-up.
- The onsite office will be staffed on these days and times:

Monday: 10:00 a.m. – 2:00 p.m.

Tuesday: 8:30 a.m. - 12:30 p.m.

Wednesday: 11:00 a.m. – 3:00 p.m.

Thursday: 8:00 a.m. - 12 noon

- Access to *Perspectives Online*, an interactive website providing access to articles, self-guided wellness assessments, calculators, child/elder/pet care provider databases, skill

building courses, expert audio clips and information in the following areas: Emotional Well Being, Work/Life, Legal/Financial, Wellness and the Workplace.

The Student Counseling Program is a resource to help with “issues of everyday living.” Just about any concern imaginable can be addressed, ranging from simple to complex. Some of the issues covered:

- Stress
- Anxiety
- Depression
- Relationship Difficulties
- Family and Parenting Problems
- Alcohol, Drug or Other Addictions
- Grief and Loss
- Child/Elder Care
- Change and Transition

Accessing assistance is easy. Simply call at any time the Student Counseling Program at 1-800-456-6327 to speak with a counselor or schedule an appointment. For online resources, simply go to www.perspectivesltd.com and enter **LUC500** for your User ID and “perspectives” for the password.

Please be advised, any student seeking counseling services should start with Perspectives. If in their opinion the student would need to be seen by a psychiatrist, the Perspective therapists will make the referral.

Please contact the Graduate School Office at x6-3532 with questions.