



Welcome to the Counseling Center

Life as a graduate student is full of new experiences – opportunities and challenges - that call for adaptive and flexible coping skills. Balancing classes, work, family and friends can place competing demands on your time. In fact, it's not surprising that many graduate students find themselves at times feeling anxious, overwhelmed or depressed. It takes more energy for graduate students to feel connected. You aren't alone in your feelings, and you don't have to be alone in working through them.

The Counseling Center provides **free and confidential, short-term individual counseling** for full-time graduate students. For graduate students who may benefit from open ended therapy and/or are enrolled in on-line programs, the Counseling Center can assist with our **comprehensive referral services** to help you connect with therapists and other resources in your community.

Group counseling is also available to **all** graduate students who are able to attend the weekly meetings that are held at the Evergreen campus (Baltimore). Weekly group sessions, often continuing throughout the academic year, bring together five to eight students with shared concerns. Some groups that have been offered include: **Understanding Self and Others (USO), PRISM, Empower, and In, Out, & In Between**. Please check out our Group Counseling page for more information (www.loyola.edu/groupcounseling).

We also offer a wide array of information, including suggestions that are designed specifically for graduate students, and self-guided interventions on our **website** (www.loyola.edu/counselingcenter) - the most popular of which include a self-assessment and our Relaxation and Meditation pages. Check it out!

To make an appointment to meet with Counseling Center staff, call (410) 617-CARE (2273), Monday-Friday, 8:30 a.m. to 5:00 p.m. No appointments are needed if you are experiencing a **personal psychological emergency**. The Counseling Center is located on the Evergreen campus in Humanities Center 150. For emergencies after hours or on weekends, please call the Office of Public Safety at 410-617-5911.

Follow us on Social Media:  [Loyola University Maryland Instagram](https://www.instagram.com/loyola_university_maryland)