

Contact Us for Assistance

Hours:

Monday—Friday
8:00 a.m. to 4:30 p.m.*
(*hours may vary)

For questions, appointments,
or requests for information:

Stop by our front desk
623 W. Easterday Ave
Call 906-635-2752
(x2752 on campus)

Visit our website:

<http://www.lssu.edu/counseling>

*Take care of
yourself,
balance
your life.*

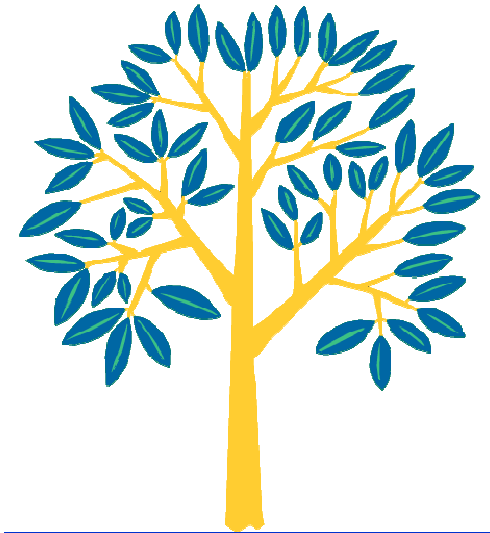


Counseling Services

A Resource for Students

Lake Superior State University
623 W Easterday Avenue
Sault Ste Marie, MI 49783
Phone: 906-635-2752

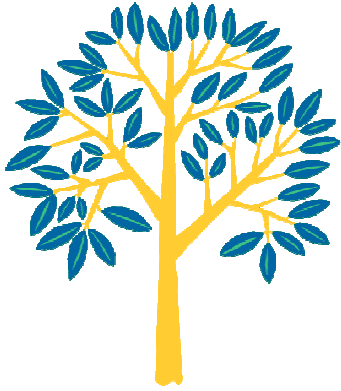
Counseling Services



A Resource for Students



Counseling Services: A resource for students



What We Do

LSSU Counseling Services offers free mental health services to both undergraduate and graduate students. Services include: short-term individual therapy; group therapy; outreach/education; resources and referrals.

Students use our mental health services for many different reasons. Some encounter problems that aren't easy to resolve, or their usual way of handling problems isn't working. Some have family, friends, or LSSU staff/faculty who have encouraged them to see us. Others want support making some changes in their lives. No matter what the reason is behind seeking our services, the Counseling Services staff is prepared to help.

Common Concerns Confronting Students

- Anxiety/stress
- Low self confidence
- Problems sleeping
- Relationship difficulties
- Self-defeating behaviors
- Academic problems
- Self harm
- Sexual identity concerns
- Decision-making dilemmas
- Feelings of sadness or depression
- Home sickness
- Addiction issues

Reasons why students use our mental health services:

Counselors are non-judgmental, objective, professional, experienced helpers who try to make you comfortable in talking.

Counseling involves the concerns and problems of normal students & many students are using our services.

Initiating and remaining in counseling is voluntary and confidential.

Confidentiality

Under normal circumstances, the information that a student shares with his/her therapist is treated as confidential material. Legally mandated exceptions to confidentiality do exist and can be discussed with staff and viewed in the Counseling Services policy on confidentiality.

*Helping
LSSU students
meet life's challenges
with success.*

Emergencies

Emergency assistance is obtained by calling 911 or Public Safety 635-2100. Twenty-four hour Behavioral Health Crises Counselors are available at 800-839-9443. During business hours, Counseling Services can be called to assist with emergencies at 635-2752.