



GSU Counseling Services:

- All services are provided free of charge
- Counselors-in-training are under faculty supervision
- Counselors are available by appointment only. Call 708.534.4545
- Counselors meet with clients for six to twelve sessions for 50 minutes a week
- Referrals are made for addictions and anger management issues



Governors State University is located in University Park, Illinois. From either the north or south, take I-57 to the Stuenkel Road exit. Go east on Stuenkel Road for approximately 2 miles and turn south onto University Drive. Proceed through the university main entrance. Park in Lot West 1 or Lot East 1. Parking is free and no parking pass is needed. Enter the building at the main entrance, D building, and take the central elevator to the third floor.

The Counseling Lab is in room D34042.



Counseling Lab
Governors State University
1 University Parkway
University Park, IL 60484

 **708.534.4545**

OVER BURDENED?



OVER TIRED?



OVER WHELMED?

Counseling Services

Governors State University Counseling Lab can help you handle life's challenges with free, professional, confidential counseling services.

 **708.534.4545**

govst.edu/counselinglab or scan the QR code for more information.



Life isn't always easy.

There are problems to solve and answers to find.

Counseling can help with the emotional, psychological, or interpersonal issues that pose challenges. Counselors listen carefully to your concerns and help you reach specific goals.

Free counseling services for individuals, couples, and families, as well as career counseling services are provided by master's-level counselors-in-training under the supervision of fully licensed doctoral level counselors, marriage and family therapists, psychologists.



Couples & Families

- Child behavior
- Couples/relationships
- Separation/divorce conflicts
- Parenting difficulties
- Extended family problems
- LGBTQIA+ issues

Individual Counseling

- Depression
- Stress reduction
- Life transitions
- Grief & mourning
- Personal growth
- Interpersonal issues

Career Counseling

- Career choices
- Career transitions
- Educational options
- Workplace issues
- Job dissatisfaction
- Communication issues
- Downsizing, layoffs, or outsourcing

Counseling Service Guidelines:

- Clients must be 18 years of age and older to receive individual counseling
- Clients must be 16 years of age (with initial involvement of parent) or older to receive career counseling
- Children are encouraged to participate in family counseling
- No restrictions based on gender, race, sexual orientation, or financial situation
- All counseling sessions are confidential. Counselors, however, are mandated by law to report a client who threatens to harm him/herself or another, or situations indicating physical or sexual abuse of minors
- Sessions are taped for supervisory purposes. Clients remain anonymous to ensure confidentiality and privacy
- The counseling lab does not accept DCFS or court mandated clients or families, clients with substance abuse problems, or severely mentally distressed clients

 **708.534.4545**

Call us for more information.

