



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 Sauk Trail exit. Go east on Sauk Trail to Cicero Avenue. Turn south on Cicero. In approximately one mile, turn east on Stuenkel Road (University Parkway). Proceed to the university entrance.

Turn south on University Drive. Park in Lot C. Parking is free. Enter the building at the main entrance 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?



Overwhelmed?



Counseling Services

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

708.534.4545
www.govst.edu/counselinglab





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 Ph.D. counselors, marriage and family therapists, and psychologists.

Couples & Families

- Child behavior
- Couples/relationships
- Separation/divorce conflicts
- Parenting difficulties
- Extended family problems
- Gay, lesbian, bisexual 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