



END OF SEMESTER • FINALS WEEK • FINISH STRONG

Greetings from the Counseling Center!

The end of the semester can be tough. Deadlines, late nights, and concerns about final grades can make things extra stressful.

The Counseling Center is here when you need us. Below is a schedule of where we'll be setting up a resource table to share encouragement, hand out care packages, and direct you to resources that can help you manage stress.

You got this. We're here for you.

Weds, April 24 | Noon-2pm Quad

Thurs, April 25 | 4-6pm Main Library Orange Room

By entrance to Orange Room

Fri, April 26 | 4-6pm Sherman Hall

Mon, April 29 | 11am-1pm Daniels Hall

Tue, April 30 | Noon-2pm SDRP

Weds, May 1 | 4-6pm ISR

Thurs, May 2 | 4-6pm ARC



Need to Talk? Call us at 217-333-3704 to make an appointment. Emergency consultations are available without an appointment, but if possible, please call first. If you need assistance evenings or weekends, the **Crisis Line is available 24/7 at 217-359-4141.**



Student Affairs

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COUNSELING CENTER | 217-333-3704