Welcome back students,

It’s wonderful to see that students returning to school, and everyone ready to attend classes and begin learning! For all of you who don’t know about the Grambling State University Student Counseling and Wellness Resource Center we are here to help student transition into the school year, and deal with mental wellness problems such as stress, relational issues and identified learning needs.

TYPICAL STUDENT PROBLEMS THAT MAY NECESSITATE COUNSELING

Below are some examples of student concerns that can present while you are in college where you may need additional support and resources. We are here to help!

- Academic Concerns
  - Late for class
  - Not responding to outreach
  - Not interacting well with students.
  - Too much partying or late nights
  - Homesickness
  - Break-ups
- Academic Problems
- Extreme dissatisfaction with school, campus social concerns, etc. Emotional problems
  - Sleeps all the time/or not enough sleep
  - Feelings of depression
- Adjustment problems with relationship break-up
  - Crying Spells
  - Severe mood swings
  - Eating /body image issues
- Grief issues (death, parent’s divorce, etc.)
  - Alcohol/Drug related problems
  - Missing class due to partying
  - Mood changes
  - Legal issues
- FOR SUICIDAL THOUGHTS OR THOUGHTS OF HARM TO OTHERS CALL CAMPUS POLICE 2222 OR 911 IF YOU NEED IMMEDIATE HELP

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