



Counseling Center Fall 2020

You are welcome to **come in** (mask on/following social distancing) OR to **Call 507-933-7027** OR to **Email CounselingCenter@gustavus.edu** to sign up for a **virtual** counseling appointment, or any other counseling service.

Current Counseling Center Offerings:
(please see our website for full details)

- **Telemental health** counseling sessions for individuals, couples, and groups.
- **Let's Talk**, a first-come first-served consultation service each class day from 1:30-2:30 virtually at <https://doxy.me/letstalkgustavus>
- **Queer and Questioning Support Group**, Fridays 2:30-3:30 pm for details email ageringe@gustavus.edu
- **Groups and Workshops** on topics related to Stress, Anxiety, Depression, Systemic Racism, Grief, Interpersonal Relationships and Resiliency
- **Triage/emergency** appointments

Please visit our website at <https://gustavus.edu/counseling> for additional resources related to **COVID-19**, resources specifically for **BIPOC students**, and materials pertaining to **anti-racism** work.