

Emergency & After Hours

Students in need of emergency mental health services are encouraged to contact the Center for Human Development (CHD) at **(541) 962-8800** or call **911**. If it is not an emergency, the student can leave a message and a counselor will return their call.

Additional Off-Campus Resources

Center for Human Development (CHD)
County Health Department
www.chdinc.org
(541) 962-8800

Shelter From the Storm
Interpersonal/sexual violence & stalking
(541) 963-9261

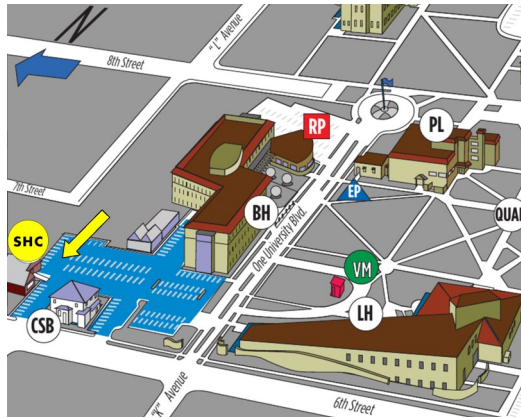
Union County Sexual Assault Response Team (SART)
Advocacy/reporting options/forensic exams
(541) 963-9261 or 911

Rape, Abuse & Incest National Network (RAINN)
1-800-656-HOPE (4637)

National Suicide Prevention Hotline
1-800-273-TALK (8255)

Our Location

We are located on the Northwest corner of campus, near 6th Street and L Avenue (diagonal from the La Grande Police Department). We share a space with the Student Health Center (see "SHC" on the map below).



One University Blvd.
La Grande, OR 97850
Phone: (541) 962-3524
www.eou.edu/counsel

Availability

The Counseling Center is open for appointments during the academic year (fall, winter, and spring terms). Exceptions are winter and spring breaks, and other EOU campus closures.

Eastern Oregon University

Counseling Center



Open Monday - Friday
8:00 AM- 5:00 PM
(Closed Noon - 1:00 PM)

(541) 962-3524

Helping students heal, grow, and reach their goals!



What is Counseling?

Counseling is the process of talking with a trained professional to assist you with sorting out emotional, interpersonal, behavioral, and social difficulties. This process may include individual or couples/marital/partner counseling. Regardless of the mode of counseling, there are some important points to highlight about this process for you as an EOU student:

- ◆ It is normal for university students to experience a variety of struggles and they often benefit from attending counseling.
- ◆ Counseling is confidential (with some exceptions, which your counselor can explain).
- ◆ Counseling is a collaborative process between you and your counselor.

Why Counseling?

Students seek counseling for a variety of concerns. The following are examples of the types of problems common to college students:

- ◆ Anxiety and depression
- ◆ Relationship issues
- ◆ Homesickness
- ◆ Eating behavior and body image issues
- ◆ Academic stress, test anxiety, and/or time management
- ◆ Grief and loss
- ◆ Concerns related to one's racial, ethnic, religious, sexual, and/or gender identity
- ◆ Physical, emotional, and sexual abuse
- ◆ Traumatic experiences
- ◆ Alcohol and drug use

Your Counselors



*Marianne Weaver, Psy.D.
Licensed Psychologist
Counseling Center Director*

*Simeon Kulp, M.Ed.
Professional
Counselor Associate*



Getting Started

To begin counseling, please stop by during our drop-in hours:

◆ **Mondays & Wednesdays:**
9:30 - 11:30 am

◆ **Tuesdays & Thursdays:**
1:30 - 3:30 pm

- ◆ The initial appointment is called an 'intake', which lasts approximately 20-30 minutes.
- ◆ During the intake, you and your counselor will discuss potential treatment options.
- ◆ If long-term counseling is wanted and/or needed, a referral to a mental health professional in the community may be made.
- ◆ You can let Counseling Center staff know if drop-in times do not work with your schedule.

Who Has Access?

Our Counseling Center services are available to students who have been assessed the *Health Service Fee*.

Some students who have not been assessed the *Health Service Fee* may "opt-in". To learn more please contact our office at (541) 962-3524.

Faculty, staff, and parents may consult with the Counseling Center staff regarding student concerns.