

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)
Community mental health services
(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

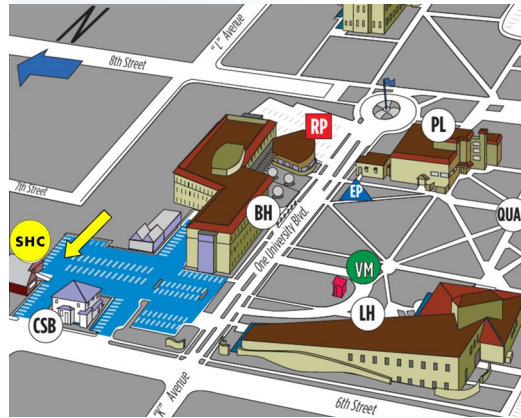
Oregon Sexual Assault Task Force (SATF)
Information/reporting options
campus.oregonsatf.org

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, on 6th Street and L Avenue, across from the La Grande Police Department. We share a space with the Student Health Center (see "SHC" on the map below).



6th St. & "L" Ave.,
La Grande, OR 97850
Phone: (541) 962-3524
www.eou.edu/counsel

Availability

The Counseling Center is open during the academic year, with the exception of University and national holidays. The Counseling Center is closed for student appointments during the winter, spring, and summer breaks.

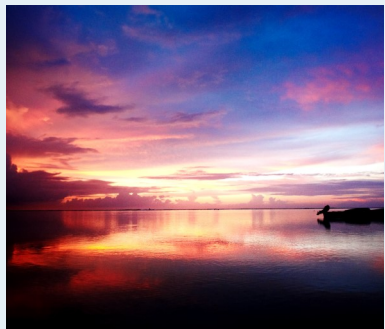
Eastern Oregon University

Counseling Center



Open Monday through Friday
8 am - 5 pm
(Closed 12 - 1 PM)
(541) 962-3524
www.eou.edu/counsel

*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, couples/marital or group 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 time management
- ◆ Grief and loss
- ◆ Concerns related to one's racial, ethnic, religious, sexual, and/or gender identity
- ◆ Physical, emotional, and/or sexual abuse
- ◆ Traumatic experiences
- ◆ Alcohol and drug use

Your Counselors



*Marianne Weaver, PsyD
Licensed Psychologist
Counseling Center Director*



*Missi Brown, LCSW
Licensed therapist*

Getting Started

To begin counseling, please call or email the Counseling Center:

- ◇ **541-962-3524**
- ◇ **shc@eou.edu**
- ◆ During the first appointment, you and your counselor will discuss potential treatment options.
- ◆ If long-term counseling is needed, a referral to a mental health professional in the community may be made.



Who Has Access?

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

Oregon students who have not automatically been assessed the Health Service Fee may "opt-in" by paying the Health Service Fee.

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