



Have something on your mind?

Did you know that Ranken has a Counseling department that offers FREE counseling services to students?

What does a counselor do?

- » Helps students with personal and academic issues
- » Acts as a confidential sounding board
- » Listens to students' concerns and struggles and helps to find solutions
- » Offers a safe and trusting relationship
- » Meets with students on a one-time basis or over multiple sessions

Reasons to see a counselor:

- » Relationship issues
- » Family issues
- » Adjusting to college (coping with stress and anxiety)
- » Academic issues
- » Eating disorders
- » Grief or coping with loss
- » Time management or financial budgeting
- » Improving social skills or communication skills
- » Specific mental health diagnosis

Schedule your appointment today!

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