

# Something on your mind?

Ranken offers free counseling services to students

Schedule an appointment today!

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Virtual conferencing available



## Talk about:

- » Personal and academic issues
- » A topic that is bothering you
- » Seek advice on change
- » Develop a safe & trusting relationship on campus
- » Meet on a one-time basis or over multiple sessions
- » Traumatic experiences

**RANKEN**  
TECHNICAL COLLEGE

## Seek help with:

- » Relationship & family issues
- » Academic issues & adjusting to college
- » Body image issues
- » Grief and coping with loss
- » Time management
- » Financial budgeting
- » Practicing communication skills
- » Feelings of anxiety or depression
- » Any questions or concerns you have about mental health for yourself or someone else