

The Personal Counseling Center provides **confidential** short-term professional counseling to aid in the emotional and psychological development of registered students at **no cost**.

Students seek services for a variety of reasons, including but not limited to:

- ADD/ADHD
- Alcohol & Drug Use / Abuse
- Anxiety
- Depression
- Eating Disorders
- Family Issues
- Grief / Loss
- Groups
- PTSD
- Prevention and Education
- Referrals to community resources
- Relationships
- Self-Esteem
- Self-Harm
- Sexual & Gender Identity
- Stress
- Suicidal Thoughts
- Therapy Assistance Online (TAO)

How to Access Services

Contact the Personal Counseling Center at (231) 591-5968 to schedule an appointment. A student will never be asked for payment for services.

As a member of the Division of Student Affairs at Ferris State University, the Personal Counseling Center is dedicated to cultivating equitable academic, professional, and social environments that foster a supportive, inclusive, and just campus culture that embraces global awareness and diversity.

Ferris State University is an equal opportunity institution. For information on the University's Policy on Non-Discrimination, visit ferris.edu/non-discrimination.



Your Path to Balance