



Are Mental Health Issues Impeding Your Academic Success?

- **ANXIETY**
- **FEELING OVERWHELMED**
- **RELATIONSHIPS**
- **NAVIGATING CONFLICT**
- **BOUNDARIES**
- **PERSONAL GROWTH**
- **SUBSTANCE ABUSE**
- **DEPRESSION**

You Are Not Alone

About one-third of U.S. college students have had difficulty functioning in the last 12 months due to depression, and almost half said they felt overwhelming anxiety in the last year (according to the 2013 National College Health Assessment, which examined data from 125,000 students from more than 150 colleges and universities).

Novotney, A. (September 2014). Students Under Pressure. *American Psychological Association*, Vol 45, No. 8. Retrieved from www.apa.org/monitor/2014/09/cover-pressure.aspx

PERSONAL COUNSELING REFERRAL PROGRAM

Life presents all of us with challenges we may not be prepared for or able to cope with on our own. It's OK to ask for help. Seeking professional counseling is a proactive step to address your needs and concerns.

**UP TO FIVE SESSIONS,
NO QUESTIONS ASKED,
NO COST.**

Local providers available to all Palmer students, spouses/partners and immediate family members.

FOLLOW THESE SIMPLE STEPS:

- 1. Select from any of the listed providers.** Check their websites to get a sense of who might be a good fit for you. You should feel comfortable talking with your counselor. If this isn't the case, please schedule an appointment to meet with Dr. Alex Margrave, senior director for Student Academic Support Centers (SASC), to discuss the Personal Counseling Referral Program (PCRP).
- 2. Schedule an appointment by identifying yourself as a Palmer student or immediate family member of a Palmer student.**
- 3. When you meet with a counselor, they will ask you to provide a signed consent form for them to bill the College.** Your name appears on the billing only to confirm you are a Palmer student or immediate family member of a Palmer student. All billing is sent directly to Bridgett Lance, program assistant at Palmer's Davenport campus for payment processing. Your participation in counseling is completely confidential.

You won't receive a bill for counseling sessions; however, if the counselor has a no-show fee or late-cancellation fee, you, the student, are responsible for these fees.

PERSONAL GROWTH AND DEALING WITH CHANGE:

For Individuals and Couples

Karen S. Wickwire, Ph.D., 1035 Lincoln Road, Suite 308, Bettendorf, IA 52722, phone: (563) 607-5101, fax: (563) 322-1088, online: therapists.psychologytoday.com/rms/name/Karen_Wickwire_PhD_Bettendorf_Iowa_60122.

RELATIONSHIPS, BOUNDARIES, NAVIGATING CONFLICT AND COPING WITH ANXIETY:

For Couples and Families

Marriage and Family Counseling Services, 1800 3rd Avenue, Suite 512, Rock Island, IL 61201, phone: (309) 786-4492, online: www.mfcsqc.org. Evening hours are by appointment. Intake forms are mailed in advance of your appointment.

ANXIETY, RELATIONSHIPS, BOUNDARIES, TRAUMA, ABUSE, NAVIGATING CONFLICT AND PERSONAL GROWTH:

For Individuals, Couples and Families

Family Counseling & Psychology Center, 2485 Tech Drive, Bettendorf, IA 52722, phone: (563) 355-1611, Fax: (563) 355-6617, **Gina Ellison, LCPC**, is at 303 18th Street, Rock Island, IL, phone: (309) 788-6374, online: www.qcfamilycounseling.com. Intake forms are available online.

SPIRITUALITY AND GENERAL CONCERNS:

For Individuals, Couples and Families

Kimber Brokow, LISW, Connection Counseling, 1035 Lincoln Road, Suite 2, Bettendorf, IA 52722, phone: (563) 424-7137, fax: (563) 424-7136, email: connectioncounseling@gmail.com

ANXIETY, DEPRESSION, OCD, TESTING ANXIETY, WORK-LIFE BALANCE, IDENTITY DEVELOPMENTS:

For Individuals, Couples and Families

Lori O'Dell McCollum, Ph.D., McCollum Psychology, PC, 2100 18th Avenue, Suite 6, Rock Island, IL 61201; phone: (309) 788-0730, fax: (309) 788-0733. 2 days available each week, call for appointments.

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO DISCUSS YOUR SITUATION, PLEASE CONTACT:

Student Academic Support Centers at (563) 884-5655 or academicsupport.ia@palmer.edu to schedule an appointment with Dr. Margrave.

HOTLINE AND PHONE COUNSELING INFORMATION:

Eastern Iowa Mental Health Crisis Line – 1 (844) 430-0375
Robert Young Center (Illinois) Crisis Line – 1 (309) 779-2999

The National Grad Crisis Line – 1 (877) 472-3457

24/7 free, confidential telephone counseling, crisis intervention, suicide prevention, information and referral services provided by specially-trained call-takers.

LGBT National Hotline – 1 (888) 843-4564

Peer-counseling, information & local resources.

The JED Foundation Mental Health Resource Center – www.jedfoundation.org

Text “START” to 741-741 or call 1 (800) 273-TALK (8255)



Student Academic Support Centers

1000 Brady Street
West Hall Suite 128 Davenport, IA 52803
Phone: (563) 884-5655
Email: academicsuport.ia@palmer.edu