

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).

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 (PCRCP).
- 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 the 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,
online: www.connectionqc.org/pages/counseling

**IF YOU HAVE ANY QUESTIONS OR
WOULD LIKE TO DISCUSS YOUR SITUATION,
PLEASE CONTACT:
STUDENT ACADEMIC SUPPORT CENTERS
(563) 884-5655 OR
ACADEMICSUPPORT.IA@PALMER.EDU
TO SCHEDULE AN APPOINTMENT
WITH DR. MARGRAVE.**

HOTLINE AND PHONE COUNSELING INFORMATION:

Graduate Student Hotline – (800) GRAD-HELP (472-3457)
provides 24/7 support for urgent mental health care.

GLTB National Hotline – (888) 843-4564

The JED Foundation/Lifeline Suicide Prevention –
(800) 273-TALK (8255)



PALMER
College of Chiropractic



Student Academic Support Centers
1000 Brady Street
West Hall Suite 128
Davenport, IA 52803
Phone: (563) 884.5655
Email: academicsupport.ia@palmer.edu