

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).

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 OF
SOLUTION-FOCUSED COUNSELING,
NO COST*.

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

FOLLOW THESE 3 STEPS:

- 1. Select from any of the listed providers.** Check provider websites to get a sense of who might be a good fit for you.
- 2. Call to schedule an appointment and identify 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 statement only to confirm you are a current Palmer student or immediate family member of a Palmer student. All billing is sent directly to Bridgett Lance, program assistant at Palmer's main campus for payment processing. Your participation in counseling is completely confidential.

***Palmer's referral program covers up to 5 sessions of counseling per Academic Year. Sessions can be used by the student or immediate family member of the student. You will not receive a bill for counseling sessions;** however, if the counselor has a no-show fee or late-cancellation fee, you are responsible for these fees if incurred.

PARTICIPATING PROVIDERS:

Group Practices:

PERSONAL GROWTH, RELATIONSHIPS, ANXIETY, DEPRESSION, TRAUMA, AND ANGER MANAGEMENT:

For Individuals, Couples and Families

QC Counselor, 2028 E. 38th Street. Suites 3-5, Davenport, IA 52807, phone: 563-424-2016, fax: 563-424-2017, online:

<https://www.qccounselor.com/>, email: GetHelp@QCCounselor.com.

Email or call to make an appointment. Several Iowa Medicaid plans accepted.

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.

RELATIONSHIPS, ANXIETY, DEPRESSION, STRESS, AND LIFE TRANSITIONS:

For Individuals, Couples and Families

Therapy Professionals of the Quad Cities – Carol Daniels, PhD LMFT and Erica Bucy LISW, 1333 W. Lombard St. Ste C, Davenport, IA 52804, phone: 563-324-9050, fax: 563-424-7827, online:

<https://therapyprosqc.com/>, email: therapyprosqc@gmail.com. Book online or call to make an 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 61201, phone: 309-788-6374, online: www.qcfamilycounseling.com. Intake forms are available online.

Individual Providers:

TRAUMA, LGBTQIA ISSUES, ANXIETY, AND DEPRESSION:

For Individuals, Couples and Families

Alyson Pearson, LISW, 2250 Middle Road, Suite 300, Bettendorf, IA 52722, phone: 563-349-7948, email: alyson@pearsonmht.com, online:

<http://www.pearsonmentalhealththerapy.com/>;

www.instagram.com/pearsonmht;

www.facebook.com/pearsonmht. Email to set up your first appointment.

SPIRITUALITY AND GENERAL CONCERNS:

For Individuals, Couples and Families

Kimber Brokaw, LISW, LCSW, Connection Counseling, 2305 7th Avenue, Moline, Illinois 61265, phone: 563-424-7137, fax: 563-424-7136, email: connectioncounseling@gmail.com.

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- **DO YOU ANTICIPATE NEEDING MORE THAN 5 SESSIONS OF COUNSELING TO ADDRESS YOUR CONCERNS?**

STUDENTS SEEKING OPTIONS FOR LONGTERM OR ONGOING COUNSELING, AND/OR MEDICATION MANAGEMENT IN THE QUAD CITIES ARE ENCOURAGED TO CONTACT LOW-COST OR SLIDING-FEE COUNSELING PROVIDERS AND GROUPS, INCLUDING:

Vera French - 563-383-1900

Vera French offers same-day initial counseling evaluations Monday-Friday at their W. Central Park location. Visit their [website](#) for more information.

- **The Vera French Carol Center** is community support outreach center located adjacent to campus at 808 N. Harrison Street. Open 8:00 am – 4:00 pm, Monday-Friday, the Center and its staff offer drop-in assistance with coping skills, social skills development, money management, and medication management.

Family Resources - 563-445-0557

Office locations in Iowa and Illinois. Family Resources provides mental health services and survivor services in a safe, confidential and trauma-informed environment. Services are offered to individuals, couples, families and children.

Robert Young Center – 309-779-3000

Locations in Rock Island and Moline, Illinois. Inpatient and outpatient behavioral health services, addiction and substance abuse services and community support programs

HOTLINE AND PHONE COUNSELING INFORMATION:

Eastern Iowa Mental Health Crisis Line (24/7) – 1-844-430-0375

Robert Young Center (Illinois) Crisis Line (24/7)– 1-309-779-2999

NAMI Greater Mississippi Valley (M-F 11am-5pm) 1-800-950-6264
Crisis Text Line (24/7) – Text NAMI to 741-741

National Suicide Prevention Lifeline (24/7) – 1-800-273-TALK (8255)

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

LGBT National Hotline (M-F 5pm-1am, Sat 1-6pm) – 1-888-843-4564

Student Academic Support Centers

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



PALMER
College of Chiropractic