

Are Mental Health Issues Impeding Your Academic Success?

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

You Are Not Alone

According to 2018 and 2019 student surveys from the American College Health Association (ACHA), about 60% felt "overwhelming" anxiety, while 40% experienced depression so severe they had difficulty functioning. A 2019 study noted that demand for campus mental health services spiked by 30-40%.

Best Colleges Resources – Top Mental Health Challenges Facing Students and American College Health Association Surveys. Bestcolleges.com and www.acha.org

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 is OK to ask for help. Seeking personal counseling is a proactive step to address your needs and concerns.

UP TO FIVE SESSIONS OF SOLUTION-FOCUSED COUNSELING, NO COST*

Local contracted 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 the issues you are coping with.
- 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 a confidential contact 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:

DEPRESSION AND ANXIETY, ANGER MANAGEMENT, CHILDREN'S THERAPY, AND FAMILY COUNSELING:

For Individuals, Couples, and Families

Compassion Counseling, Inc., 2435 Kimberly Road, Alpine Center, North #145N, Bettendorf, IA 52722, phone: 563-355-0780, fax:

563-355-0656, online: www.compassioncounselinginc.com, email:

daveh@compassioncounselinginc.com or

janeth@compassioncounselinginc.com. Email or call to make an appointment. Clinicians have flexible hours and vary by therapist.

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:

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 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 Street, Suite C, Davenport, IA 52804, phone: 563-324-9050, fax: 563-424-7827, online: 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: 563-6617, Gina Ellis, LCPC, is at 303 18th Street, Rock Island, IL 61201, phone:309-788-6374, online: www.qcfamilycounseling.com. Intake forms are available online.

Individual Practices:

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: 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, IL 61265, phone 563-424-7137, fax: 563-424-7136, email: connectioncounseling@gmail.com.

DO YOU ANTICIPATE NEEDING MORE THAN 5 SESSIONS

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

Vera French - 563-383-1900

Vera French offers same-day initial counseling evaluations Monday-Friday at their West Central Park location. Visit their website for more information.

The Vera French Carol Center is a community support outreach center located adjacent to campus at 808 North Harrison Street. Open 8:00 a.m. – 4:00 p.m., Monday-Friday, the Center offers 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) – 844-430-0375

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

NAMI Greater Mississippi Valley - (M-F 11 a.m. - 5 p.m.)

800-950-6264 - Crisis Text Line (24/7) – Text NAMI to 741-741

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

The National Grad Crisis Line – 877-472-3457

LGBT National Hotline - (M-F 5 p.m. – 1 a.m. and Sat 1 p.m. - 6 p.m.)

888-843-4564

Student Academic Support Center

1000 Brady Street

West Hall Suite 128A

1st Floor – South Tower

Phone: 563-884-5655

Email: academicsupport.ia@palmer.edu

