



The Juniata College Counseling Center welcomes you!

Welcome to Juniata! This is a very exciting time in your life, and the next few years will bring many changes. Often times with change comes stress and confusion, and we at the Counseling Center are here to help students cope with a number of issues in order to ensure a positive and successful college experience.

Students come to the Counseling Center, which is located on the second floor of the Health & Wellness Center, for a variety of reasons. Some people have trouble adjusting to college life, some have relationship or family issues, others have more serious emotional problems, while many simply need the clarity that talking can bring.

If a student's issues are beyond the Counseling Center's resources, or if more extensive counseling is needed, students can be referred elsewhere in the community.

Remember, these next few years can be some of the best years of your life, but they can also be the most challenging. Please know that there are many resources available to help you get through the more difficult times.

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Campus Resources:

Academic Advisor

Resident Directors/Resident Advisors

Campus Ministries

Health & Wellness Center:

Counseling and Health Care Services

Coaching Staff

Academic Support Services

Dean of Student's Office

Career and Community Services

Office of Diversity & Inclusion

Local Resources:

Abuse Network: 1-888-810-2444 (24 hour hotline for victims of domestic abuse and sexual assault)

Alcoholics Anonymous 814-643-0623

Huntingdon Counseling & Psychiatric Services 814-643-6300

Huntingdon House 643-2801

Mainstream Counseling 814-643-1114

Tri-County Crisis Hotline 1-800-929-9583

UCBH Huntingdon 814-643-0309

Full time Juniata College students are eligible for ten free counseling sessions every year.

Sessions are APPOINTMENT ONLY. You can e-mail health&wellness@juniata.edu (or one of the counselors directly) to set up an appointment or call 814-641-3353

**For more information, visit our website
juniata.edu/services/health/counseling/
We have links, resources, screenings and tips for a
successful transition to college life!**



If you are currently under treatment for emotional and/or psychological issues, or have a history of such issues:

- ◆ **If you are on medication, continue to take it as prescribed. Now is NOT the time to experiment with going off your medicine. Make sure you have enough medication to last you until you can be seen at the Counseling Center.**
- ◆ **DO NOT SELF MEDICATE using alcohol, other drugs, or food**
- ◆ **Make sure to keep stress in check. Visit our website at juniata.edu/services/health/counseling/ for stress reduction tips, online resources, and links to guided meditations.**
- ◆ **Take care of yourself. Get enough sleep, eat a healthy, balanced diet, and stay physically active.**
- ◆ **E-mail health&wellness@juniata.edu or call 814-641-3531 to set up an appointment if problems arise.**