

WHY SEEK COUNSELING?

Most people come to counseling when their usual ways of handling problems are not working well. Many students who come feel upset in some way - angry, depressed, scared, or confused. These feelings may have been set off for a number of reasons:

- Feeling the loss of someone close
- Trying to begin or maintain a relationship
- Having problems concentrating while studying
- Experiencing anxiety on a daily basis
- Procrastinating too much
- Wondering why you are in college
- Becoming aware you have a problem with alcohol or drugs
- Struggling to become independent from parents or to not lose touch with your family
- Reacting to an unwanted pregnancy or a traumatic experience such as rape

These are only a few of the reasons why people come for counseling.

HOW 'BAD' SHOULD I FEEL BEFORE GOING TO COUNSELING?

Counseling is NOT just for those times when you feel "at the end of your rope." Many students find that using a counselor as a sounding board as they're trying to figure out a solution to a particular problem or learn more about themselves can be extremely helpful. While feeling bad can be one way of knowing it's time to speak with a professional, it's not the only one. Just feeling stuck or confused is enough reason.

HOW MUCH DOES IT COST TO SEE A COUNSELOR AT BC?

Services at FREE to all enrolled students.

WILL ANYONE FIND OUT WHAT WE TALKED ABOUT?

No. Sessions are confidential.

WHO ARE THE COUNSELOR(S)?

LeTishia Little, LPC, NCC
Personal Counselor Director

HOW DO YOU MAKE AN APPOINTMENT?

Call: 973-749-9000, ext. 1302

Email: Personal_Counseling@Bloomfield.edu