

**VIRTUAL
"DROP-IN" HOURS**

Mon-Fri 3pm-4pm

**PRIVATELY ZOOM
WITH ONE OF OUR
COUNSELORS**

**No
appointment
necessary**

**First-come,
First-Serve
Basis**

**An informal &
confidential
consultation**

- 1** Open Zoom on your computer or phone
- 2** Enter meeting ID: 249-650-6576
- 3** Privately connect with one of our counselors

Reasons to "Drop-in"...

- anxiety from COVID-19
- stress
- financial problems
- relationships
- worry
- academic performance
- a different perspective
- sadness
- family problems