



OFFICE OF COUNSELING SERVICES

INDIANA UNIVERSITY NORTHWEST

A Department of Student Affairs and Enrollment Management

Fall 24 Newsletter: Issue 26

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Happy fall semester!! The beginning of a new semester brings a mixture of emotions including excitement, nervousness, and perhaps some stress and anxiety. IU Northwest has a variety of mental health resources to help students navigate change, stress, anxiety, and other mental health related concerns.

The Office of Counseling Services on campus provides individual in-person and telehealth counseling sessions for students who are enrolled on at least a part-time basis. Our office has a team of licensed clinical mental health counselors and licensed social workers. Students use counseling services for a variety of concerns including, depression, anxiety, stress management, academic related concerns (time management, procrastination, low motivation), relationship concerns, family related issues, personal growth and discovery. Your counselor will provide an intake assessment to assess presenting concerns

and issues. Our office can also help facilitate referrals for more specialized concerns including eating related disorders, substance abuse issues, and referral for medication evaluation/management.

The Office of Counseling Services also provides a variety of mental health outreach events and group sessions throughout the academic year. Keep an eye for announcements through the Daily Redhawk to your student email! Upcoming fall semester events/outreach include: **Suicide Awareness, Walk Against Stigma, Election Support Space, Depression & Anxiety Screenings, Paws for Stress, Mindful Moments and Neurodivergent Hang Space groups!**

In addition to on-campus counseling services, Indiana University has partnered with TimelyCare to provide free virtual mental health support to IU students through the TimelyCare platform.

Indiana students have FREE, 24/7 access to virtual care services with TimelyCare — the virtual health and well-being platform from TimelyCare, designed for college students. Students do not need insurance to access TimelyCare services.

TimelyCare offers the following services:

TalkNow

24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.

Scheduled Counseling

Choose the day, time, and mental health provider that best works for you.

Health Coaching

Develop healthy lifestyle behaviors, including nutrition, sleep habits, time management, and mindfulness.

Self-Care Content

Visit the "Explore" page within TimelyCare for guided self-care content, including yoga and meditation sessions, as well as group conversations with our providers on a variety of health and well-being topics.

Psychiatry Appointments

Assessment, medication evaluation, and medication management.

Students have access to TimelyCare services 365 days a year. That means you have access during breaks, after-hours, and any time you need support! Visit timelycare.com/IU to get started OR scan the QR Code below:



IUN Counseling Services offers free and confidential services to all IUN students who are enrolled on at least a part-time basis. The IUN Counseling Office has licensed clinical counselors and social workers who are trained to meet the specific needs of college students! We are located in Hawthorn Hall #201/#203A. Our office phone number is 219-980-6741. Office email is @ iunoocs@iun.edu Please visit our website for more information: <https://www.iun.edu/counseling-services/index.htm> **Email is not to be used for urgent or emergency messages and is not considered the most secure form of communication*