

# MENTAL HEALTH RESOURCES

The curriculum at NUHS is rigorous regardless of the program or credit hour load. Depression, helplessness, anxiety, homesickness, marital or relationship conflicts, and many other personal issues are common dilemmas. The Office of Student Services is here to support you and has a variety of resources to share. Very often, professional counseling can provide you with tools to implement in your daily routine that are extremely effective. The University is able to provide referrals for independent counselors not affiliated with the University's clinical services. Sessions are strictly confidential; records are not shared with NUHS personnel.

Meta Teletherapy provides completely private and confidential remote access to licensed therapists from the privacy of your phone. <https://www.meta.app/students/>

For more resources visit the [NUHS Self Care Site](#).

## ILLINOIS

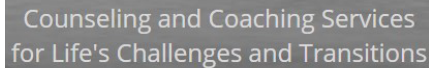


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Therapy for Individuals, Couples, & Families

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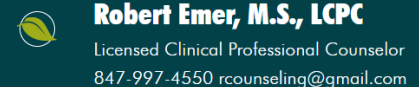


Counseling and Coaching Services  
for Life's Challenges and Transitions

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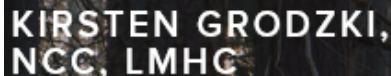
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