

## Ask a Counselor!

## Ask a Psychiatrist!

*Ever wished that you could just ask a few questions and get the answers in an informal setting? This is your chance!*

**Get feedback directly from a clinical counselor and a psychiatrist on issues ranging from relationships to depression and anxiety, trauma, and a whole bunch more... just drop in anytime during the hour!**

*Some examples of questions might be:*



■ *I'm concerned about a friend who might be suicidal. How can I help him?*

■ *I've been told that I might have ADD. What is that and how can I find out for sure?*

■ *My dad and my brother are not getting along. It's maddening! How can I help them learn to just get along?*

■ *My roommate may be in an abusive relationship. She's been acting different & doesn't want to go anywhere with us anymore. What should I do?*

■ *How do I know if I need medication?*

■ *My mother has been diagnosed with bipolar disease. Can you tell me something about it so I'll be able to help her cope?*

Four sessions planned. Come see us! **Room RWC 1.806 Classroom** (behind Health Services/across from the REC Center) 12 noon to 1:00 pm on these dates:

**Friday, January 29**  
**Wednesday, March 31**

**Monday, February 15**  
**Monday, April 12**