

Are you or someone you know experiencing the following?

- Anxiety & stress
- Irritability & anger
- Hopelessness & depression
- Isolation
- Troubling thoughts
- Trouble communicating
- Changes in sleep pattern
- Lack of motivation
- Conflicts with others
- Any concern -- large or small – impairing your ability to perform to your full potential

If so, please come in to the Counseling & Wellness Center on the 2nd Floor of Kennedy or e-mail counseling@massart.edu.

Connect to the Counseling & Wellness Center

Call: 617.879.7760

Email:

counseling@massart.edu

Visit: 2nd floor of Kennedy Building

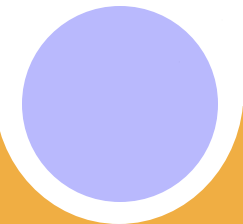
Hours: Monday- Friday, 9:00am-5:00pm

Drop-in Hours: Monday- Friday, 3:00pm-4:00pm

MassArt Counseling & Wellness Center



MASSART





ABOUT THE COUNSELING & WELLNESS CENTER

The Counseling & Wellness Center is here to support the emotional, social, and cultural development of all MassArt students. We offer counseling and wellness programs to create a healthy artistic community. Our services help students resolve personal difficulties and acquire the skills that will enable them to take full advantage of their artistic & educational experience. We welcome students of any race, gender identity and expression, sexual orientation, age, religion, citizenship or disability.

Why Counseling?

- Stress management
- Identity development
- Academic pressures
- Family difficulties
- Relationship issues
- Racial trauma
- Problem solving and goal setting
- Anxiety
- Depression
- Sudden changes in mood
- Body image/eating concerns
- Substance abuse
- Transition to school
- Culture shock and adjustment issues
- Sexual assault
- Autism/Asperger's
- Sexual orientation and gender identity exploration
- Grief or loss

Confidentiality

Interactions with the Counseling & Wellness Center are confidential. They will not be disclosed to any outside of Counseling without written consent. Exceptions are noted on the Counseling & Wellness Center web page and will be reviewed at your first meeting.

What Do We Offer?

- Short-term individual counseling
- Short-term couples counseling
- Relaxation training
- Support groups
- Therapy dog Thursdays
- Wellness workshops
- Referral for an outside provider or medication evaluation
- Crisis intervention
- Handouts/brochures on coping skills
- A calm space to collect your thoughts
- Neurodiversity programming
- Racial and social justice programming

Taking Care of Yourself During Stressful Times

- Take deep breaths
- Call a friend or family member
- Listen to music
- Take a hot shower or bath
- Prioritize with a list
- Study in groups
- Get off campus
- Exercise
- Drink more water
- Eat nutritiously
- Get more sleep
- Limit drug, alcohol, and caffeine
- Participate in a club or activity
- Ask for help
- Journal or sketch
- Look at funny videos

