

Student Counseling Services

MIKI KOYAMA, PH.D., INTERIM DIRECTOR

Building B, B-119

(773) 442-4650

counsect@neiu.edu

Student Counseling Services supports student success by providing counseling and mental health services to currently enrolled Northeastern students and offers consultation and outreach to the campus community at large.

We offer counseling and psychotherapy to help students understand and deal with emotional distress, relationship difficulties, and personal concerns, freeing them up to make clearer and healthier decisions. Through counseling, students can explore a range of personal life problems that may cause distress and disrupt their lives, including issues such as anxiety, suicidal thoughts, anger, depression, relationship problems, traumatic experiences or addictions. Individual, couples and group psychotherapy are available to current students. We are also available to faculty and staff for consultation about students and to request outreach services. When services are needed that are beyond the scope of what Student Counseling Services can offer, referrals are made to outside providers.

Appointments can be scheduled by calling (773) 442-4650, by email at counsect@neiu.edu, or in person in B-119.

After hours, you can reach a crisis counselor by calling (773) 442-4650 and pressing "2" during our outgoing message for urgent concerns. Additionally, Talk Now on TimelyCare (<https://www.neiu.edu/university-life/student-counseling-services/timelycare/>) provides 24/7 access to a counselor in under five minutes.