

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

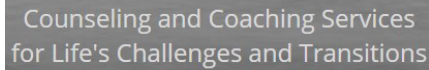


Marianne Tomlinson Therapy, LLC
Therapy for Individuals, Couples, & Families

Marianne Tomilson,
M.S. Ed, LCPC

1605 W. Wilson St., Suite 111
Batavia, IL 60510

(630) 337-6571
www.mtomlinsontherapy.com

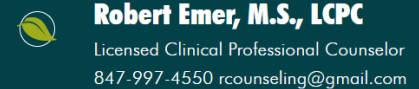


Counseling and Coaching Services
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Jeanne Dickerson,
MA, LCPC, CPCC

5450 Ashbrook Place
Downers Grove IL 60515

(630) 986-8310
www.jeannedickerson.com



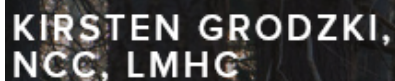
Robert Emer, M.S., LCPC
Licensed Clinical Professional Counselor
847-997-4550 rcounseling@gmail.com

Robert Emer,
M.S., LCPC

2200 South Main Street Suite 316
Lombard IL 60148

(847) 997-4550
www.rpetherapy.com

FLORIDA



KIRSTEN GRODZKI,
NCC, LMHC

Kirsten Grodzki,
NCC, LMHC

4244 Central Ave, Suite 7
St. Petersburg, FL 33711

(727) 258-2898
www.unravelyourmind.com



Cynthia A Wheeler,
LCSW, ACSW

7030 Seminole Blvd, Suite 100
Seminole, FL 33772

(727) 240-7488
www.goodcaws.org



David Loggans,
MA, LMHC, NBCCH

8130 66th St N #10
Pinellas Park FL 33781

(813) 956-0209