



**OFFICE OF COUNSELING SERVICES**

INDIANA UNIVERSITY NORTHWEST

A Department of Student Affairs and Enrollment Management

**Fall 23 Newsletter: Issue 24**

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Happy Fall semester!! 😊 We hope that everyone had an enjoyable and restful summer. The season of summer is invigorating for us physically and mentally. Students' emotional health is at the forefront for the Office of Counseling Services. Our office provides 10 free individual sessions per academic year to students enrolled on at least a part time basis. In addition to individual sessions, we provide a variety of groups, outreach events, and webinars. Stay tuned for dates/details through the Daily RedHawk and flyers posted around campus.

IU Northwest has a student organization called U Bring Change 2 Mind (UBC2M). U Bring Change to Mind's mission is to start the conversation about mental health and eliminate the stigma associated with mental illness on college campuses. The goal of UBC2M is to bring greater awareness of mental health, normalize seeking help, and to reduce mental health stigmas. Based on the philosophy of "By Students, For Students,"

UBC2M is composed of students committed to making an impact in their campus communities.

This semester, UBC2M will host a couple of outreach events! Our first event this semester will be **“Walk Against Mental Health Stigma” on Thursday, September 21 from 11:30am-12:30pm**. Come and join us to walk in support and solidarity for mental health awareness! There will be light refreshments and snacks and an opportunity to make positive mental health signage for the walk! UBC2M is also planning on hosting an end of semester “de-stress” event!

We’re always looking for new members to join our chapter! If you’re interested in how you can become involved, please email UBC2M staff advisor Alex Copeland @ [iunoocs@iun.edu](mailto:iunoocs@iun.edu)

**IUN Counseling Services offers free and confidential services to all IUN students who are enrolled on at least a part-time basis. The IUN Counseling Office has licensed professional social workers and counselors who are trained to meet the specific needs of college students! We are located in Hawthorn Hall #201. Our office phone number is 219-980-6741. Office email is at [iunoocs@iun.edu](mailto:iunoocs@iun.edu) Please visit our website for more information: <https://www.iun.edu/counseling-services/index.htm>**

*\*Email is not to be used for urgent or emergency messages and is not considered the most secure form of communication.*