## **STUDENT SERVICES**

## COUNSELING, ADVISING, AND ACADEMIC PLANNING

While attending college, students encounter a myriad of transitions in their lives. Issues that arise may include the following: homesickness, college life issues, past experiences, relationships, identity crisis, depression, anxiety, and/or time management difficulties. Often, professional assistance can help in easing the transition into college life. Navarro College employs counselors to provide services to the students for mental health wellness and mental health illness. Please note that all services are confidential, and off-campus mental health referrals may be necessary.