I'm feeling stressed. I don't know what to do.

Have you checked out Counseling Services? They have several options.

Individual therapy  Group therapy  3-session workshops

All KSU Counseling Services are FREE with unlimited group therapy and workshops. Up to eight sessions per semester for individual therapy.

Make an appointment by calling 785-532-6927.

Crisis and urgent appointments available Monday through Friday, 8 am to 5 pm, or by phone 24/7.

Counseling Services is located in the lower level of Lafene Health Center, 1105 Sunset Avenue.

WOMEN'S HEALTH SERVICES
- Well-Woman Exams
- Pap Smears
- STI Testing and Treatment
- Contraceptive Counseling and Prescribing
- Emergency Contraception
- Pregnancy Testing, Consultation, and Referral
- Preconception Planning and Education
- HPV Vaccination
- Evaluation of Women's Health Concerns

THRIVE Navigators
A departmental student organization under the leadership of Lafene Health Center

THRIVE is a new undertaking by the Health Promotion department of Lafene Health Center to address the emotional well-being component of Lafene's well-being initiative.

Navigators will consist of student who are wanting to make a difference in mental health awareness and promote healthy coping skills and resiliency tools for the many challenges they will face as students and beyond.

Contact:
1105 Sunset Avenue
Manhattan, KS 66502
785-532-6944
livelifewell@ksu.edu

Community Partner