

Feeling Overwhelmed?

Poor Grades?

Lonely?

Anxious?

Can't focus?

DEPRESSED?

ANGRY?

Self-Doubt?



Grieving?

Sad?

Relationship Issues?

In the Wrong Major?

Worried About the Future?

**USG Center for Counseling
and Consultation**

301-738-6273 / III-1134 (in the Library)

www.shadygrove.umd.edu/campus-services/ccc

We are here to help!