Hello,

Currently, many things are happening that could lead to a variety of emotions. As a registered student of Peru State College, you can access counseling services free of charge no matter your location. We have the option to still provide face to face sessions if you are around, phone appointments or even virtual sessions. Counselors are available to support you! If you are currently using counseling services, your primary clinician will connect with you to determine the best plan. If you are considering services, reach out to Janell (jmoore@peru.edu/ 402-872-2369) or Jamie (jeberly@peru.edu / 402-872-2436) and we will work to answer any questions you have and/or set up appointments.

In the event that the counselors are unavailable, you still have access to resources. The Suicide Prevention Hotline ( 1-800-273-8255(TALK)) will talk to callers about any topic, not just suicidal thoughts/behaviors. To reach crisis counselors text MHFA to 741741.

In addition to counseling, coaching services, career/major exploration, resumes and cover letters, drug and alcohol education and undeclared academic advising are all available through the platforms identified earlier in the email.

We look forward to supporting you while assisting you in achieving personal success!

Janell and Jamie

Counseling Services | Licensed Student Counselors
CATS
P.O. Box 10 | Peru, NE 68421-0010
402-872-2425 | counseling@peru.edu
pride ◆ excellence ◆ resilience ◆ unity
Member, Nebraska State College System

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We cannot always ensure that emails are received or responded to promptly. If you have an emergency, please dial 911 or call Campus Security at (402) 872-2411.
If you are experiencing a mental health crisis, please call for counseling services at (402) 872-2425 during business hours (typically Monday-Friday 8-5) or after hours/weekends call Campus Security at (402) 872-