

FirstCALL

:1-800-382-2377



It's no secret...

Life can be difficult:

- Study Pressures
- Family and Marital Worries
- Parenting Issues
- Loss of Someone Close
- Financial Worries
- Drug or Alcohol Concerns
- Eating Disorders
- Controlling Anger

Sometimes we struggle with:

- Sadness, Worries or Fears
- Frustration and Anger
- Difficulty Concentrating
- Life's Disappointments or Stresses
- Trouble Sleeping or Eating
- Or Just a General Sense of Unhappiness

JCHP and JCGS Students:

FirstCALL can help.

FirstCALL is a Student Assistance Program (SAP) that offers free, confidential consultation to you. The program's professional counselors can help you find a way to deal with your concerns.

FirstCALL is confidential.

No one – not your faculty, fellow students, family or friends – will know about your call or appointment.

FirstCALL is free.

All of your contacts with a counselor are at no cost to you.

FirstCALL is nearby.

Offices are conveniently located on campus at 1015 Chestnut Street.

FirstCALL is easy to use.

Just call our 24-hour, toll-free number, **1-800-382-2377** to set up a free and confidential appointment or simply to learn more about how we can help.

FirstCALL

Counseling Services for Students

1-800-382-2377



Thomas
Jefferson
University

www.pulse.jefferson.edu