Behavioral Health Services

Located on the first floor of Trustee Hall, Behavioral Health Services is a part of Student Health and Wellness Services and is free of charge to all currently-enrolled Indian Hills students. We offer confidential, professional counseling services to assist and offer support for students in meeting personal and academic goals. Students attending college will likely encounter various challenges and obstacles which can affect personal growth, emotional well-being, and academic success. Conflicts and problems often arise which prevent students from reaching their full potential. Students may find that their usual ways of handling problems aren't working well in this new environment. Our professional counselors can help students identify, understand, and develop skills to resolve their personal and academic concerns.

Counseling is an educational process which enables a student to learn more about himself or herself, discover new perspectives on situations or relationships, and learn new skills and ways of coping. Counseling will help you to help yourself so that you can set and attain any goals, current or future, on your own. Some of the benefits of counseling include:

- Reduced stress and improved mood
- Hope for the future
- Increased personal and academic successes
- Learning new problem-solving skills to address challenges that are both personal and professional
- Identifying goals to support the kind of life you would like to have
- Improved self-esteem and increased understanding of your own thoughts, feelings, and behaviors
- Feeling more connected with others, improved social interactions

While some people who seek counseling have chronic emotional difficulties, most are dealing with normal life events and simply need an objective listener. No two people look at and experience the world in exactly the same way. Some of the common concerns that bring students to Behavioral Health Services are:

- Difficulty adjusting to the college environment
- Anxiety related to school work and tests
- Anxiety meeting new people
- Depressed or sad mood and feelings of hopelessness
- Balancing demands of school, family, and work
- Managing anger
- Difficulty concentrating or staying focused
- Thoughts of self-harm
- Negative addictive behaviors
- Problems with eating and body image
• Dating and relationship issues
• Grief and loss

If you are experiencing any of these issues, or others that haven’t been discussed, feel free to call our office at 641-683-5336. Behavioral Health Services offers short-term individual counseling. A counseling session lasts approximately 45 minutes. During the initial counseling session, your counselor will assess your needs and will work with you to identify goals that will help you achieve personal and/or academic success. Your counselor will discuss with you your role in therapy, your rights as a client, and answer any questions you may have. When you see a counselor at Behavioral Health Services, you can trust that your privacy will be protected. Our counselors follow strict ethical guidelines regarding confidentiality. Confidentiality allows you to feel safe in discussing your thoughts and emotions with the full knowledge that what you say remains between you and your counselor. Although there are a few exceptions, these exceptions will be discussed with you in the first session.