|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en" dir="ltr"> |
|  | <head> |
|  | <meta charset="utf-8" /> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=UA-1254336-5>"></script> |
|  | <script>window.dataLayer = window.dataLayer || [];function gtag(){dataLayer.push(arguments)};gtag("js", new Date());gtag("set", "developer\_id.dMDhkMT", true);gtag("config", "UA-1254336-5", {"groups":"default","anonymize\_ip":true,"page\_placeholder":"PLACEHOLDER\_page\_path"});gtag("config", "G-2P4EJPSFWK", {"groups":"default","page\_placeholder":"PLACEHOLDER\_page\_location"});</script> |
|  | <link rel="canonical" href="<https://counseling.uoregon.edu/selfcare>" /> |
|  | <meta name="Generator" content="Drupal 10 (https://www.drupal.org)" /> |
|  | <meta name="MobileOptimized" content="width" /> |
|  | <meta name="HandheldFriendly" content="true" /> |
|  | <meta name="viewport" content="width=device-width, initial-scale=1.0" /> |
|  | <meta name="msapplication-config" content="/modules/contrib/uo\_core/browserconfig.xml" /> |
|  | <link rel="icon" href="[/themes/contrib/uo\_cosmic\_theme/favicon.ico](https://counseling.uoregon.edu/themes/contrib/uo_cosmic_theme/favicon.ico)" type="image/vnd.microsoft.icon" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-32x32.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-32x32.png)" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-16x16.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-16x16.png)" /> |
|  | <link rel="apple-touch-icon" sizes="180x180" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/apple-touch-icon.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/apple-touch-icon.png)" /> |
|  | <link rel="manifest" href="[/modules/contrib/uo\_core/manifest.json](https://counseling.uoregon.edu/modules/contrib/uo_core/manifest.json)" /> |
|  |  |
|  | <title>Self-Care | Counseling Services</title> |
|  | <meta name="theme-color" content="#154733"> |
|  | <meta name="msapplication-navbutton-color" content="#154733"> |
|  | <meta name="apple-mobile-web-app-status-bar-style" content="#154733"> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/css/styles-drupal8.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_s5J8sGKb3OYovgm6UIvhVSPVsDxoQ-ZyhhwxglGiPhQ.css?delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_s5J8sGKb3OYovgm6UIvhVSPVsDxoQ-ZyhhwxglGiPhQ.css?delta=2&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Universal/stable-assets/fontawesome-free-6.5.1-web/css/all.min.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_S5tPliLOKTD5rI\_s4QWq1ayPcZep651aFL4KfWVK2DQ.css?delta=4&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_S5tPliLOKTD5rI_s4QWq1ayPcZep651aFL4KfWVK2DQ.css?delta=4&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_yo9esGuC\_pJQkySErGxvafOSuv96dTQNi1gb-24BO1Q.css?delta=5&amp;language=en&amp;theme=cosmic&amp;include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3\_Tb\_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A](https://counseling.uoregon.edu/sites/default/files/css/css_yo9esGuC_pJQkySErGxvafOSuv96dTQNi1gb-24BO1Q.css?delta=5&language=en&theme=cosmic&include=eJxtj-EKwjAQg19oXR9Jbm02D3u9ctcy9OnVgQ7Bf8lHAonfvUPiQo4pqQunHy1wpw3-8oZY1YQKPzANvRxk1doD7XCVEw4NO5aQ4bzVsBoJdrVbSCqtoB9Bd8g3_Tb_K8eWRkabUbt6zDYalfkk86htLIX9ijwJMlNcuXTYnKh11vp5UjXjCXVeW3A)" /> |
|  |  |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-init.js>"></script> |
|  |  |
|  | </head> |
|  | <body class="licensed-fonts-enabled menupull-right path-node page-node-type-marketing-page uowdf--mobile-menu drupal-8"> |
|  | <a href="[#main-content](https://counseling.uoregon.edu/selfcare#main-content)" class="visually-hidden focusable skip-link"> |
|  | Skip to main content |
|  | </a> |
|  |  |
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|  |  |
|  |  |
|  | <div class="uoheader uowdf-search-dialog--enabled"> |
|  | <div class="uoheader\_\_container" style="max-width: px;"> |
|  |  |
|  | <div class="uoheader\_\_logo-container"> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)" rel="home"> |
|  | <img src="[/modules/contrib/uo\_core/uo-web-design-framework/images/uo-logo.svg](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/uo-logo.svg)" alt="University of Oregon" /> |
|  | </a> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_links-container"> |
|  | <div class="uoheader\_\_links-background"> |
|  | <nav id="banner-links"> |
|  | <ul class="uoheader\_\_links"> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </nav> |
|  | <div class="uoheader\_\_search"> |
|  | <a class="uoheader\_\_search\_\_button" id="uobanner-search" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | </div> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uowdf-search-dialog" role="search"> |
|  | <button class="uowdf-search-dialog\_\_close" id="seach-close-button" aria-label="Close Search"></button> |
|  | <div class="uowdf-search-dialog\_\_search-region"> |
|  | <div class="search-block-form block block-search container-inline" data-drupal-selector="search-block-form" id="block-cosmic-search" role="search"> |
|  |  |
|  | <h2>Search this site</h2> |
|  |  |
|  | <form action="/search/node" method="get" id="search-block-form" accept-charset="UTF-8"> |
|  | <div class="js-form-item form-item js-form-type-search form-type-search js-form-item-keys form-item-keys form-no-label"> |
|  | <label for="edit-keys" class="visually-hidden">Search</label> |
|  | <input title="Enter the terms you wish to search for." data-drupal-selector="edit-keys" type="search" id="edit-keys" name="keys" value="" size="15" maxlength="128" class="form-search" /> |
|  |  |
|  | </div> |
|  | <div data-drupal-selector="edit-actions" class="form-actions js-form-wrapper form-wrapper" id="edit-actions"><input data-drupal-selector="edit-submit" type="submit" id="edit-submit" value="Search" class="button js-form-submit form-submit" /> |
|  | </div> |
|  |  |
|  | </form> |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_mobile"> |
|  | <a class="uowdf-mobile-search-button" id="uowdf-mobile-search-button" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | <button class="uowdf-mobile-menu\_\_button\_\_new" id="uowdf-mobile-menu\_\_button" aria-label="Navigation" aria-expanded="false" aria-haspopup="true" aria-controls="uobanner-sidebar"> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-1"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-2"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-3"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_text">Menu</div> |
|  | </button> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  | <div class="uowdf-mobile-menu\_\_container"> |
|  | <div class="uowdf-mobile-menu" id="uowdf-mobile-menu" data-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="uowdf-mobile-menu\_\_title">Counseling Services Menu</h1> |
|  | <nav class="uowdf-mobile-menu\_\_menu uowdf-mobile-menu--accordions"> |
|  | <ul class="uowdf-mobile-menu\_\_list" id="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Therapy and Services</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="1" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/2">Therapy and Services Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/getting-started](https://counseling.uoregon.edu/getting-started)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/222">Getting Started</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/individual-therapy](https://counseling.uoregon.edu/individual-therapy)" title="Learn more about Individual Therapy options available at the University of Oregon" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/7">Individual Therapy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Groups</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="12" data-parent-menu-id="1"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy](https://counseling.uoregon.edu/group-therapy)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/29">Groups Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy-faq](https://counseling.uoregon.edu/group-therapy-faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/28">Group Therapy FAQ</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/groups-offered](https://counseling.uoregon.edu/groups-offered)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/27">Groups Offered</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/11">Crisis Support</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/letstalk](https://counseling.uoregon.edu/letstalk)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/221">Let’s Talk</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://health.uoregon.edu/psychiatry>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Psychiatry</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/referralscase-management](https://counseling.uoregon.edu/referralscase-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/30">Referrals</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/substance-use](https://counseling.uoregon.edu/substance-use)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/247">Substance Use</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Events and Workshops</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="2" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/3">Events and Workshops Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/campaigns](https://counseling.uoregon.edu/campaigns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/230">Wellness Campaigns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/suicide-prevention](https://counseling.uoregon.edu/suicide-prevention)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/145">Suicide Prevention</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mham](https://counseling.uoregon.edu/mham)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/295">Mental Health Awareness Month</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Support a Student</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="3" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/229">Support a Student Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/helping-friend](https://counseling.uoregon.edu/helping-friend)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/32">Helping a Friend</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faculty-staff-resources](https://counseling.uoregon.edu/faculty-staff-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/125">Faculty and Staff</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Parents and Families</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="34" data-parent-menu-id="3"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/parentsandfamilies](https://counseling.uoregon.edu/parentsandfamilies)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/252">Parents and Families Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/how-families-can-support-students](https://counseling.uoregon.edu/how-families-can-support-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/269">How Families Can Support Students</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item active-trail has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Self-Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="4" data-parent-menu-id="0"> |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" class="uowdf-mobile-menu\_\_link is-active" data-drupal-link-system-path="node/232" aria-current="page">Self-Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/concerns](https://counseling.uoregon.edu/concerns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/117">Common Concerns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/225">Coping Strategies</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/well-being-tools](https://counseling.uoregon.edu/well-being-tools)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/251">Well-being Tools</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Be Well Blog</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="45" data-parent-menu-id="4"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/34">Be Well Blog Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/celebrating-women%E2%80%99s-history-month-ladies-psychology](https://counseling.uoregon.edu/celebrating-women%E2%80%99s-history-month-ladies-psychology)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/294">Celebrating Women’s History Month: The Ladies of Psychology</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/dating-and-relationship-non-negotiables](https://counseling.uoregon.edu/dating-and-relationship-non-negotiables)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/293">Dating and Relationship Non-negotiables</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/effectively-managing-emotions-during-stressful-times](https://counseling.uoregon.edu/effectively-managing-emotions-during-stressful-times)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/297">Effectively Managing Emotions During Stressful Times</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/maintaining-mental-wellness-while-studying-abroad](https://counseling.uoregon.edu/maintaining-mental-wellness-while-studying-abroad)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/298">Maintaining Mental Wellness While Studying Abroad</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://dos.uoregon.edu/recovery>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Collegiate Recovery Center</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">APA Doctoral Internship</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="5" data-parent-menu-id="0"> |
|  |  |
|  |  |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/8">APA Doctoral Internship Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">About Us</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="56" data-parent-menu-id="5"> |
|  |  |
|  |  |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/aboutus](https://counseling.uoregon.edu/aboutus)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/91">About Us Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/apa-team](https://counseling.uoregon.edu/apa-team)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/105">APA Team</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/service](https://counseling.uoregon.edu/service)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/98">Service and Administrative Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/training](https://counseling.uoregon.edu/training)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/93">Training Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/application](https://counseling.uoregon.edu/application)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/24">Application Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faq](https://counseling.uoregon.edu/faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/21">FAQ</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">About</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="6" data-parent-menu-id="0"> |
|  |  |
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|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/5">About Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/confidentiality-and-privacy-policy](https://counseling.uoregon.edu/confidentiality-and-privacy-policy)" title="Learn more about the Counseling Center’s Confidentiality and Privacy Policy." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/6">Confidentiality and Privacy Policy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/documentation-requests](https://counseling.uoregon.edu/documentation-requests)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/19">Documentation</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/team](https://counseling.uoregon.edu/team)" title="Learn more about the Counseling Services Staff" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="team">Our Team</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/practicum](https://counseling.uoregon.edu/practicum)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/20">Practicum Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sab](https://counseling.uoregon.edu/sab)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/22">Student Advisory Board</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/commitment-multiculturalism](https://counseling.uoregon.edu/commitment-multiculturalism)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/55">Diversity</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Get Help Now</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  | </nav> |
|  |  |
|  | <div class="uowdf-mobile-menu\_\_secondary-menus"> |
|  |  |
|  | <nav class="utility-nav collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_utility-links"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Take Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999999"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="dialog-off-canvas-main-canvas" data-off-canvas-main-canvas> |
|  | <div class="page"> |
|  |  |
|  | <header class="site-header" role="banner"> |
|  | <div class="site-header\_\_content"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <h2 class="site-header\_\_site-name" id="site-name"> |
|  | <a href="[/](https://counseling.uoregon.edu/)" title="Counseling ServicesHome" class="site-header\_\_site-link" rel="home"><span>Counseling Services</span></a> |
|  | </h2> |
|  |  |
|  | <a href="[https://health.uoregon.edu](https://health.uoregon.edu/)" class="site-header\_\_site-title-after-link"> |
|  | <div class="site-header\_\_site-title-after site-header\_\_site-subtitle" id="site-title-after">University Health Services</div> |
|  | </a> |
|  |  |
|  | </div> |
|  |  |
|  | </header> <div id="stickynav-waypoint"></div> |
|  |  |
|  | <div class="navigation-bar"> |
|  | <div class="region region-primary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-cosmic-main-menu-menu" id="block-cosmic-main-menu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-cosmic-main-menu-menu">Main navigation</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" data-drupal-link-system-path="node/2">Therapy and Services</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" data-drupal-link-system-path="node/3">Events and Workshops</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" data-drupal-link-system-path="node/229">Support a Student</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" data-drupal-link-system-path="node/232" class="is-active" aria-current="page">Self-Care</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" data-drupal-link-system-path="node/8">APA Doctoral Internship</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" data-drupal-link-system-path="node/5">About</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now.">Get Help Now</a> |
|  | </li> |
|  | </ul> |
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|  |  |
|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | <div class="region region-secondary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-mainmenu-menu" id="block-mainmenu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-mainmenu-menu">Secondary Menu</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/concerns](https://counseling.uoregon.edu/concerns)" data-drupal-link-system-path="node/117">Common Concerns</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)" data-drupal-link-system-path="node/225">Coping Strategies</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/well-being-tools](https://counseling.uoregon.edu/well-being-tools)" data-drupal-link-system-path="node/251">Well-being Tools</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)" data-drupal-link-system-path="node/34">Be Well Blog</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="<https://dos.uoregon.edu/recovery>">Collegiate Recovery Center</a> |
|  | </li> |
|  | </ul> |
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|  | </nav> |
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|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  |  |
|  | <main role="main"> |
|  | <a id="main-content" tabindex="-1"></a> |
|  | <div class="region region-highlighted"> |
|  | <div data-drupal-messages-fallback class="hidden"></div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  |  |
|  | <div class="layout"> |
|  | <div class="layout\_\_content"> |
|  |  |
|  | <div class="region region-content"> |
|  | <div id="block-cosmic-page-title" class="block block-core block-page-title-block"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="page-title"><span class="field field--name-title field--type-string field--label-hidden">Self-Care</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article class="node node--type-marketing-page node--view-mode-full"> |
|  |  |
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|  |  |
|  | <div class="node\_\_content"> |
|  |  |
|  | <div class="field field--name-field-envelopes field--type-entity-reference-revisions field--label-hidden field\_\_items"> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-black envelope--flush context--foreground-light"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><div class="envelope-hero envelope-hero--text-center"> |
|  | <div class="envelope-hero\_\_container"> |
|  | <div class="envelope-hero\_\_photo"> |
|  | <span class="align-center media media--type-image media--view-mode-feature-image-1440x550"> |
|  |  |
|  |  |
|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/styles/1440x550\_center\_crop/public/selfcare.jpg?itok=gYVXKKG2](https://counseling.uoregon.edu/sites/default/files/styles/1440x550_center_crop/public/selfcare.jpg?itok=gYVXKKG2)" width="1440" height="550" alt="Woman relaxes in hammock in the woods" class="image-style-\_440x550-center-crop"> |
|  |  |
|  |  |
|  | </span> |
|  |  |
|  | </span> |
|  |  |
|  | </div> |
|  |  |
|  | <div class="envelope-hero\_\_content"> |
|  | <h2 class="envelope-hero\_\_content\_\_title">Self-Care</h2> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | </div> |
|  | <div class="field\_\_item"> |
|  |  |
|  | <div class="envelope envelope--style-white envelope--standard"> |
|  | <div class="clearfix text-formatted field field--name-field-envelope-content field--type-text-long field--label-hidden field\_\_item"><h3 style="text-align: center;">Expanding your wellness skills toolkit and practicing holistic self-care can help you overcome setbacks and unexpected issues. If you're facing a challenge that feels too big to handle on your own, <a href="[/services](https://counseling.uoregon.edu/services)">reach out to us</a> for support.</h3> |
|  |  |
|  | <p>&nbsp;</p> |
|  |  |
|  | <div class="envelope-feature envelope-feature--text-right"> |
|  | <div class="envelope-feature\_\_container"> |
|  | <div class="envelope-feature\_\_photo"> |
|  | <p>&nbsp;</p> |
|  |  |
|  | <span class="align-center media media--type-image media--view-mode-default"> |
|  |  |
|  |  |
|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/commonconcerns.jpg](https://counseling.uoregon.edu/sites/default/files/commonconcerns.jpg)" width="800" height="453" alt="A student sits at a desk, distracted from her homework"> |
|  |  |
|  | </span> |
|  |  |
|  | </span> |
|  |  |
|  | </div> |
|  |  |
|  | <div class="envelope-feature\_\_content"> |
|  | <div class="envelope-feature\_\_content\_\_title">Common Concerns</div> |
|  |  |
|  | <div class="envelope-feature\_\_content\_\_body"> |
|  | <p>College is a transitional time in life, and many students struggle. While everyone's experience is different, we've gathered information on a few challenges students often seek support for. We've also provided relevant advice and resources for each issue so you can get the help you need.</p> |
|  |  |
|  | <p><a class="cta-button" href="[/concerns](https://counseling.uoregon.edu/concerns)">Browse Issues</a></p> |
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|  | <hr> |
|  | <div class="envelope-feature envelope-feature--text-left"> |
|  | <div class="envelope-feature\_\_container"> |
|  | <div class="envelope-feature\_\_photo"> |
|  | <p>&nbsp;</p> |
|  |  |
|  | <span class="align-center media media--type-image media--view-mode-default"> |
|  |  |
|  |  |
|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/copingstrategies.jpg](https://counseling.uoregon.edu/sites/default/files/copingstrategies.jpg)" width="800" height="453" alt="A man writes in a journal by the ocean"> |
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|  | <div class="envelope-feature\_\_content"> |
|  | <div class="envelope-feature\_\_content\_\_title">Self-Care Kit</div> |
|  |  |
|  | <div class="envelope-feature\_\_content\_\_body"> |
|  | <p>Whether you're working with a mental health professional or looking to improve your wellbeing on your own, there are so many self-care strategies and techniques you can practice outside of therapy. This list of coping strategies is a great place to start.</p> |
|  |  |
|  | <p><a class="cta-button" href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)">Explore Coping Strategies</a></p> |
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|  | <hr> |
|  | <div class="envelope-feature envelope-feature--text-right"> |
|  | <div class="envelope-feature\_\_container"> |
|  | <div class="envelope-feature\_\_photo"> |
|  | <p>&nbsp;</p> |
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|  | <span class="align-center media media--type-image media--view-mode-default"> |
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|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/bewellblog.jpg](https://counseling.uoregon.edu/sites/default/files/bewellblog.jpg)" width="800" height="453" alt="A group of friends cooks while camping"> |
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|  | <div class="envelope-feature\_\_content"> |
|  | <div class="envelope-feature\_\_content\_\_title">Be Well Blog</div> |
|  |  |
|  | <div class="envelope-feature\_\_content\_\_body"> |
|  | <p>Looking for more self-care ideas and inspiration? The Be Well Blog covers a wide range of topics related to mental health, written by our staff. Check back often for new posts.</p> |
|  |  |
|  | <p><a class="cta-button" href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)">Read the Blog</a></p> |
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|  | <div class="envelope-feature envelope-feature--text-left"> |
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|  | <span class="field field--name-field-media-image field--type-image field--label-hidden field\_\_item"> <img loading="lazy" src="[/sites/default/files/selfcare-youtube.jpg](https://counseling.uoregon.edu/sites/default/files/selfcare-youtube.jpg)" width="800" height="453" alt="Young man watching videos on a laptop" title="Young man watching videos on a laptop"> |
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|  | <div class="envelope-feature\_\_content"> |
|  | <div class="envelope-feature\_\_content\_\_title">YouTube Channel</div> |
|  |  |
|  | <div class="envelope-feature\_\_content\_\_body"> |
|  | <p>Watch short videos made by our therapists about mental health and self-care.</p> |
|  |  |
|  | <p><a class="cta-button" href="<https://www.youtube.com/channel/UCQkWa7hdt1HMDr6Nn8UCG0g/featured>">Counseling YouTube</a></p> |
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|  | <div class="footer-collapsable-grid grid grid--2col"> |
|  | <div class="grid\_\_item"> |
|  | <div class="collapse-menu collapse-menu--collapsed"> |
|  | <h3 class="collapse-menu\_\_title title">Division of Student Life</h3> |
|  |  |
|  | <ul class="collapse-menu\_\_list"> |
|  | <li class="collapse-menu\_\_item"><a href="[http://studentlife.uoregon.edu](http://studentlife.uoregon.edu/)">Division of Student Life</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://career.uoregon.edu](http://career.uoregon.edu/)">University Career Center</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://dos.uoregon.edu](http://dos.uoregon.edu/)">Office of the Dean of Students</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://emu.uoregon.edu](http://emu.uoregon.edu/)">Erb Memorial Union</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://holden.uoregon.edu](http://holden.uoregon.edu/)">Holden Center for Leadership and Community Engagement</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://rec.uoregon.edu](http://rec.uoregon.edu/)">Department of Physical Education and Recreation</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://families.uoregon.edu](http://families.uoregon.edu/)">Parent and Family Programs</a></li> |
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|  |  |
|  | <div class="grid\_\_item"> |
|  | <div class="collapse-menu collapse-menu--collapsed"> |
|  | <h3 class="collapse-menu\_\_title title">Student Services</h3> |
|  |  |
|  | <ul class="collapse-menu\_\_list"> |
|  | <li class="collapse-menu\_\_item"><a href="[https://financialaid.uoregon.edu](https://financialaid.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of Financial Aid and Scholarships</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[https://registrar.uoregon.edu](https://registrar.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of the Registrar</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://counseling.uoregon.edu](http://counseling.uoregon.edu/)">University Counseling Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://healthcenter.uoregon.edu](http://healthcenter.uoregon.edu/)">University Health Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://housing.uoregon.edu](http://housing.uoregon.edu/)">University Housing</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://testing.uoregon.edu](http://testing.uoregon.edu/)">University Testing Center</a></li> |
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|  | <div class="site-footer\_\_contact-info"> |
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|  | <div itemscope="" itemtype="http://schema.org/Organization"> |
|  | <span itemprop="name"><strong>Counseling Services</strong></span><br> |
|  | <div itemprop="address" itemscope="" itemtype="http://schema.org/PostalAddress"> |
|  | <div itemprop="streetAddress">1590 E 13th Ave</div> <span itemprop="addressLocality">Eugene</span>, <span itemprop="addressRegion">OR </span> <span itemprop="postalCode">97403</span> <p> |
|  | <div class="site-footer\_\_phone-fax">P: <span itemprop="telephone">541-346-3227</span></div> <div class="site-footer\_\_phone-fax">F: <span itemprop="faxNumber">541-346-2842</span></div> </p> |
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|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.facebook.com/UOCounseling>" aria-label="Visit us on Facebook"> |
|  | <i class="fab fa-facebook-f" aria-hidden="true"></i> |
|  | </a> |
|  | </li> |
|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.youtube.com/channel/UCQkWa7hdt1HMDr6Nn8UCG0g/featured>" aria-label="Visit us on Youtube"> |
|  | <i class="fab fa-youtube" aria-hidden="true"></i> </a> |
|  | </li> |
|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.instagram.com/uocounselingservices>" aria-label="Visit us on Instagram"> |
|  | <i class="fab fa-instagram" aria-hidden="true"></i> </a> |
|  | </li> |
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|  | <link itemprop="url" style="visibility:hidden;" itemscope="//counseling.uoregon.edu"> |
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|  | <ul class="uofooter\_\_links-container"> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/reportaconcern?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/reportaconcern?utm_source=banner-module&utm_campaign=banner)">Report a Concern</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://investigations.uoregon.edu/nondiscrimination?utm\_source=banner-module&amp;utm\_campaign=banner](https://investigations.uoregon.edu/nondiscrimination?utm_source=banner-module&utm_campaign=banner)">Nondiscrimination and Title IX</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/accessibility?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/accessibility?utm_source=banner-module&utm_campaign=banner)">Accessibility</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://registrar.uoregon.edu/records-privacy?utm\_source=banner-module&amp;utm\_campaign=banner](https://registrar.uoregon.edu/records-privacy?utm_source=banner-module&utm_campaign=banner)">Privacy Policy</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://hr.uoregon.edu/jobs/available-positions?utm\_source=banner-module&amp;utm\_campaign=banner](https://hr.uoregon.edu/jobs/available-positions?utm_source=banner-module&utm_campaign=banner)">Careers</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/about?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/about?utm_source=banner-module&utm_campaign=banner)">About</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/findpeople?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/findpeople?utm_source=banner-module&utm_campaign=banner)">Find People</a></li> |
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|  | <div class="uofooter\_\_copyright-container"> |
|  | <span class="copyright"> |
|  | <span class="copyright-symbol">©</span> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">University of Oregon</a>. |
|  | </span> |
|  | <span class="all-rights-reserved">All Rights Reserved.</span> |
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