

# **RESOURCES FOR STRESS MANAGEMENT**

Most college students experience stress at one time or another.

Stress does not have to be your enemy! There are resources available to help you understand and better manage your stress!

## **ON CAMPUS:**

Counseling and Substance Abuse Services

Robert Scott Small Building

(directly across from Maybank Hall)

Phone 953.5640

<http://www.cofc.edu/~counseling/>

Services include:

- Individual Counseling
- Support and Counseling Groups
  - Peer Counseling
  - Referrals
- Health Education
- Walk-in Hours or By Appointment

## **ONLINE:**

- Virtual Pamphlet Library:

<http://www.dr-bob.org/vpc/>

includes a wide variety of *Stress Management* topics!

The Center for Student Learning  
at the Addlestone Library

843.953.5635

[www.cofc.edu/~csl](http://www.cofc.edu/~csl)