YOUR MENTAL HEALTH MATTERS

The Office of Wellness Services

Supporting NLU students with free counseling & wellness resources

Free Counseling at NLU

↳ Skylight Counseling Center @ NLU Wellness

122 S Michigan Ave, Ste 6035

- ✓ 8 free sessions per academic year with a licensed counselor
- ✓ In-person or virtual options
- ✓ Easy to get started:

Scan the QR code

Fill out the intake form

Skylight will match you with a counselor

Drop-in Counseling: M/W 12p-1p T/TH 11a-2p

Questions? Email us: wellness@nl.edu

