

# ATTENTION

college students &  
young adults

Are you struggling and feel like you could benefit from counseling?

## **NORTH SHORE YOUTH COUNCIL WELLNESS CENTER HAS WHAT YOU'RE LOOKING FOR!**

Our licensed counselors are here to help you navigate life's challenges.


We offer dedicated early afternoon sessions at **1:00 PM** (in person or online through telehealth) that are perfect for in-between your classes or work schedule.




**Life is tough  
so are you**

**COLLEGE AND TRANSITIONING  
TO ADULTHOOD IS HARD, DON'T  
LET YOURSELF STRUGGLE.**

Take the first step toward feeling  
better—reach out to us today!

 We accept select insurances, offer affordable cash-based options, and work with out-of-network insurance based on provider eligibility and benefits.

 Services are provided at our Wellness Center located in the portable building on the grounds of the Shoreham-Wading River High School

**CALL OR EMAIL FOR A FREE CONSULTATION**



 **631-849-5431**

 **mentalhealth@nsyc.com**

 **@nsyc\_wellness\_center**



Check  
out our  
website  
for more  
info!