

# Pathways to Wellness

An exclusive program for Ivy Tech Students

INcompass Healthcare and Ivy Tech have partnered to offer students the opportunity to participate in four **free** counseling sessions.

## AT INCOMPASS HEALTHCARE

We help connect you with professional resources to learn coping skills for everyday challenges and enhance your overall well-being.

### We help you develop strategies for:

- School/Work/Life Balance
- Academic Challenges, Test Anxiety, or Other School-Related Concerns
- Stress, Anxiety, or Depression
- Relationship Issues
- Sleep and Eating Disorders
- Time Management
- Substance Use
- Grief
- Attention and Concentration
- and So Much More!



## GUIDING STUDENTS

## ALONG THEIR JOURNEY TO WELLNESS

**To make an appointment**

please call (812) 532-2550



**INcompass Healthcare**

Exceptional care for everyone