

Feeling stressed?

Get confidential, telehealth counseling services from a trusted source

Don't have internet access?

Your local MU Extension office will provide a private space for your session.

Adult services offered for:

- stress management
- anxiety and depression
- grief and loss
- work or school issues
- relationship challenges



REQUEST SERVICES

CALL 573-882-4677

Please mention extension services

mizzou.us/MUservices



Extension
University of Missouri