

# REALSTORIES

I came out to my family and friends during my freshman year. I decided to go to counseling to deal with all the stress in my life. With school, a job, friends and a new relationship, I felt like I was on a fast path to a nervous breakdown. Taking that first step to sign up for counseling was a hurdle I had to get over. But once I did, it really helped me out.

*-Matthew, 21*

**LGBT Resource Center**  
215 N Memorial Union  
(573) 884-7750

**MU Counseling Center, 119 Parker Hall**  
Located on 6th Street (north of Engineering)  
(573) 882-6601

**MU Student Health Center, 1101 Hospital Drive**  
Located at Hitt St. & Hospital Dr.  
(573) 882-7481

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Please note, while this is a real story from a college student, the person featured does not attend the University of Missouri - Columbia.

