



**STRESSED OUT?**

**DO YOU NEED  
HELP NOW?**

**CALL ODU  
OFFICE OF COUNSELING SERVICES:**

**757-683-4401 during business hours or**

**757-683-4000 after business hours**

**or**

**Call 1-800-273-8255  
(talk) anytime.**

**or**

**Text 741741 with the word  
"start" anytime.**



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