

SELF-HELP MATERIALS

[By Topic](#) | [Pamphlets](#) | [Websites](#)

The Pamphlets listed below are available in print at the Counseling Center. You can also click on the name and it will take you to the University of Illinois Urbana-Champaign to the pamphlets in web format

[Addictive Relationships](#)

[Adult Children of Alcoholics](#)

[Assertiveness](#)

[Coming Out](#)

[Committed Relationships and School](#)

[Dissertation Success Strategies](#)

[Experiencing and Expressing Emotion](#)

[For Loved Ones of Sexual Assault/Abuse Survivors](#)

[Grief and Loss](#)

[Loneliness](#)

[Maybe I have an Eating Problem](#)

[Maybe I have a friend with an eating disorder](#)

[Overcoming Procrastination](#)

[Perfectionism](#)

[Self-Confidence](#)

[Stress Management](#)

[Suicide Prevention](#)

[Surviving Child Sexual Abuse](#)

[Surviving Psychology Trauma](#)

[Test Anxiety](#)

[Time Management](#)

[Understanding and Treating Depression](#)

[Understanding and Treating Anxiety](#)

[Understanding Dysfunctional Relationship Patterns in Your Family](#)

[When Your Parent Has a Mental Illness](#)

[Your Parents' Divorce](#)

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