

# North Park Counseling Support Services

First point of contact

**IN PERSON**  
3317 W Foster Ave  
M-F 8:30am-4:30pm, or  
during Let's Talk drop-in  
hours

**ONLINE**  
northpark.studenthealthportal.com  
Use your NPU email to logon,  
Click the "Appt. Scheduling" tab

**CALL**  
(773) 244-4897

**LET'S TALK**  
Drop-in brief Individual  
Counseling support. No  
appointment necessary

**CONSULTATION**  
An initial meeting with a counselor who will  
ask questions intended to:  
Understand and clarify your concerns and  
collaborate on next steps to connect you  
with best-fit resources on and/or off campus

**Individual  
Counseling**  
Short-term individual  
counseling, up to 20  
sessions

**Group  
Counseling**  
Unlimited group  
counseling services

**Case  
Management**  
Unlimited referrals to off  
campus services and  
community resources