



*Are you far from home?
Are you having difficulty acculterating?*

Psychological Services Center

Regent University

*We are here to
help*

Tips

- Stop and assess your needs; adjusting is hard enough!
- Reach out for help. You are not alone.
- Develop strategies to help you through the challenges; a personal plan
- Implement strategies; you can do this!

Call us 757-352-4488

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