

Our Staff

The Xavier University Counseling Center exists for YOU. College can be stressful. We are here to help! Each behavioral health professional is equipped with many skills and specialties.



Why come to the Counseling Center

- Friendly caring staff
- Trained experienced professionals including counselors and clinical psychologist
- Confidentiality
- Variety of services offered
- Individualized treatment
- Support groups
- Walk -in-counseling available

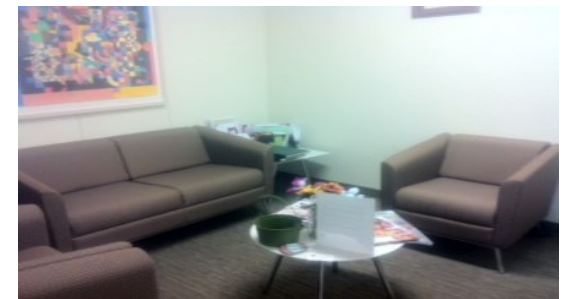


Follow us on facebook/twitter links on the Counseling Web site

<http://www.xula.edu/counseling/index.html>



XAVIER
UNIVERSITY of LOUISIANA

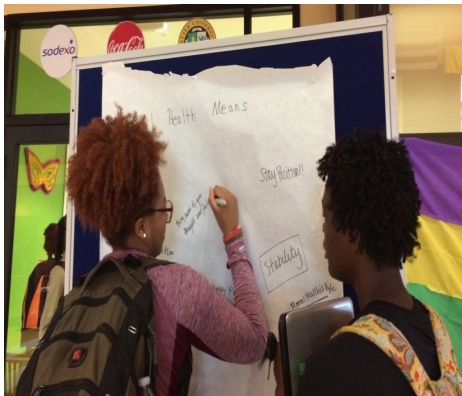


**Xavier University
Counseling
And
Wellness
Center**

Hope

The Counseling and Wellness Center invites you to utilize services available to students, faculty, and staff at no charge.

Emphasis is placed on assisting you by exploring your feelings, emotions, strengths, coping skills, decision making skills, mental health concerns, personal wellbeing, goals, academic plans, study skills, career choices, stress, and any issues you would find helpful to focus on in counseling.



"WE ARE HERE FOR YOU"

***Services Available To You
"All Services are Free"***

***Academic Counseling:
(Individual and Group)***

- Time Management Skills
- Test Taking Skills/Test Anxiety
- Exit and Readmission Evaluations

Personal Counseling:

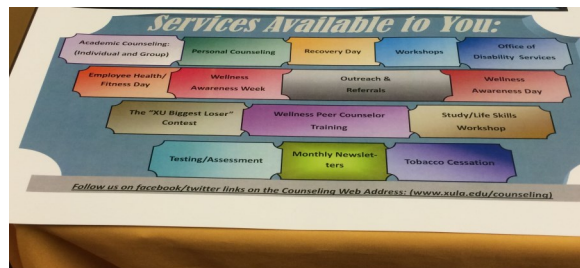
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|-------------------------|---------------------|
| Stress Management | Substance Abuse |
| Coping Skills | Dating Violence |
| Self-Esteem | Sexual Trauma |
| Depression | Grief Counseling |
| Crisis Intervention | Conflict Resolution |
| Relationship Counseling | Anger Management |
| Smoking Cessation | Bullying |

Outreach and Referrals:

- Psychiatrist/Medical Physician
- Community Support Services
- Evaluation of Disabilities
- Residential Life Programming
- Veterans Support Services
- Commuter Student Outreach

Office of Disability Services:

- Accessibility of Campus facilities
- Reasonable Classroom Accommodations
- Advocacy of Student Needs



WELLNESS AWARENESS PROGRAMS

Xavier is committed to helping you to be the best that you can be. Wellness is about bringing out your personal best: physically, mentally, emotionally, socially, spiritually, academically, and occupationally.



Wellness Programs:

- Wellness Peer Counseling Training
- Recovery Month
- Wellness Awareness Week
- Wellness Awareness Day
- The "Biggest Loser Weight Loss" Contest
- Monthly Newsletters
- Workshops
- Denim Day
- Behavioral Health Awareness Day
- Denim Day
- Employee Health and Fitness Day
- Located in St. Joseph Academic and Health Resource Center in Suite 202**

**Monday-Thursday 9 AM-8PM
Friday 9 AM- 5 PM (Fall and Spring)
Monday-Friday 9am-5 pm (Summer)**

504-520-7315