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

Why come to the Counseling Center

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

Follow us on facebook/twitter links on the Counseling Website
www.xula.edu/counseling
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 and attitudes; career choices; academic abilities/needs or whatever area you desire to focus on.

**Services Available To You**

**Academic Counseling:**
(Individual and Group)
- Time Management Skills
- Test Taking Skills/Test Anxiety
- Exit and Readmission Evaluations

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

**Outreach and Referrals:**
- Psychologist/Psychiatrist
- 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 PROGRAM**

**WELL AHEAD-LA**

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
- Wellness Awareness Week
- Wellness Awareness Day
- The “Biggest Loser” Contest
- Monthly Newsletters
- Workshops
- Employee Health/Fitness Day
- Recovery Celebration
- Behavioral Health Awareness Day
- Denim Day

Located in St. Joseph Academic and Health Resource Center in Suite 202

**Monday-Thursday 9 AM-9 PM**
**Friday 9 AM- 5 PM**

504-520-7315