

## 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](http://www.xula.edu/counseling)



# Xavier University Counseling And Wellness Center



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