

**COUNSELING
&
WELLNESS CENTER
Orientation Session
Tuesday,
August 16 , 2016**



**COUNSELING
&
WELLNESS CENTER**

ST. JOSEPH RESOURCE CENTER

Building # 13

SUITE 202

COUNSELING CENTER STAFF

SHIRLEY F. LABBE, INTERIM DIRECTOR

MS. SHIELA AUGUST, DISABILITY COORDINATOR

MS. CHANTEL GANT, COUNSELOR / SOCIAL MEDIA

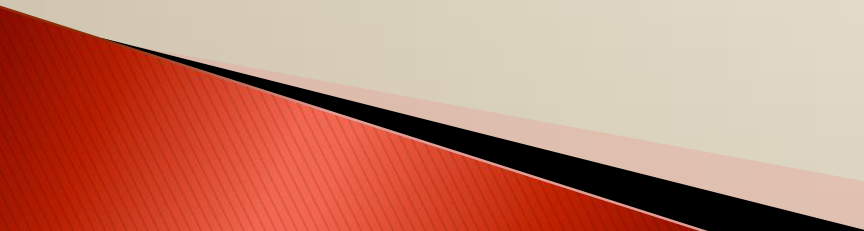
MS. TONI LABRANCH, ADMINISTRATIVE ASSISTANT II



WHAT ARE SOME MYTHS ABOUT GOING TO COUNSELING?

- ❑ You Must Be To Go To Counseling
- ❑ Counselors *discuss* All Your
- ❑ Counseling is for people withissues
- ❑ Counseling is unnecessary when you can just talk to good friends.
- ❑ Counseling is too expensive

What is Counseling Like?

- Meet for an intake
 - Meet for individual counseling appointment
 - Develop a treatment plan and set realistic goals
 - Work on goals and monitor progress
- 

Ms. Chantel Gant

Academic Issues

Test Anxiety
Math Anxiety
Study Skills
Time Management
Motivation
Academic Probation
Goal Setting
Grades
Issues with Math & Science
Writing Anxiety
Concentration
Major
Learning Difficulties

Personal Issues

Anger
Relationships Problems
Self-Esteem
Image Issues
Dating Violence
Substance Use
Conflict Resolution
Anxiety
Depression
Eating Disorder
Physical / Mental / Sexual Abuse
Sexual Assault
Health
Grief & Loss
Homesickness
Suicidal Thoughts / Plan
Body Image
Social Skills
Stress

Behavioral Health Services

Ms. Chantel Gant

Academic Counseling

Personal Counseling

Relationship Issues

Roommate Conflict

LGBTQIA

Veterans /Dependents Support

Suicide Prevention

Outreach to the halls

Commuter students

Referrals



Veterans / Dependents

- ▶ Transition
- ▶ Resources
- ▶ Behavioral Health
- ▶ PTSD
- ▶ Veterans Education Benefits



Disability Services

MS. SHEILA AUGUST

1.Services

2.Accomodations

3.Documentation

4. Policies

5.Referrals

Wellness Programs

Shirley F. Labbe

- Recovery Programs (September 6, 7 & 8, 2016)
- Wellness Peer Counselors Support Group
- Biggest Losers Program 8 weeks program, starts, Sept. 12, 2016
- Wellness Awareness Week (October 17- 21, 2016)
- Sexual Assault and Domestic Violence Programs
- Behavioral Health Workshops / Forums
- Wellness Day (March)
- Denim Day Activities (April)

Kognito Training Tool:

This is a simulated interacted tool which can help someone to identify someone going through some challenges.

To Create an Account for Students:

1. Go to the log-in page, <https://www.kognitocampus.com/login/>
2. Click on "Create a New Account"
3. Use enrollment key hbcu412 to complete the "Your Account" page
4. Complete the registration form and select "Create Account"

“WE ARE HERE FOR YOU”

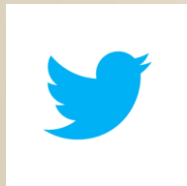
Counseling & Wellness Center

Xavier University Counseling &



Wellness Center

CounselingXULA



Suite, 202

#(504) 520-7315

Email: counseling@xula.edu

Crisis Numbers

On Campus: After Hours Call Campus Police

504-520-7490

Off Campus After Hours Call 911

VIA Link 211

National Suicide Prevention Lifeline

1-800-273-8255

Metro Crisis 504-826-2675 (Orleans)

Mobile Crisis 504-832-5123 (Jefferson)

Trevor Project LGBTQIA 1-866-488-7836



Questions
are
guaranteed in
life;
Answers
aren't.

