

# COUNSELING AND PSYCHOLOGICAL SERVICES

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The primary function of Counseling Services is to support students in their total development by providing services and programs which optimize their intellectual, emotional, social, and academic well-being. The Counseling Center offers several options for counseling including individual, couple, family, and group therapy. Such issues addressed include academic difficulties, anxiety, depression, family and relationship issues, emotional, identity issues, physical, and/or sexual abuse, stress, substance use/abuse, and other concerns. Feedback on the delivery of services is encouraged—both on an informal basis and formally, through a periodic questionnaire.

Counseling services are available to currently enrolled students and are provided by licensed, professional counselors. All services are FREE and CONFIDENTIAL.

All records kept by the professional counseling staff in the Counseling Center shall remain CONFIDENTIAL INFORMATION and will be disclosed to a third party only with the student's written permission.

Counseling Services also sponsors the BACCHUS Network, a student organization that provides peer education related to alcohol and drug prevention. Special programs are scheduled throughout the year but particularly during Homecoming Week, National Collegiate Alcohol Awareness Week, and Safe Spring Week to promote healthy decision-making regarding alcohol and drugs.