What is Counseling & Wellness Services (CWS)?
The primary role of Counseling & Wellness Services is to provide ResU students access to personal support for their mental health and wellness. We offer FREE:

- Short-term individual counseling
- TeleMental Health™ counseling (via phone or email)
- Crisis intervention
- Consultation
- Referrals to community resources and other providers
- Workshops and presentations
- Growth and support groups

*Counseling is provided with respect for any sex, gender, sexual orientation, race, ethnicity, spirituality, age, and disability.*

Who is eligible for services?
Counseling services are available to currently enrolled Resurrection University students. If you are located in state, we can also provide TeleMental Health™ counseling via phone or email. However, according to law, if you are an out-of-state distance learner, we cannot provide you with individual counseling ourselves, yet we can offer you support by connecting you with resources in your local area.

What kinds of concerns do you address?
Students seek counseling for a wide variety of concerns including, but not limited to, the following:

- Personal growth
- Academic stress
- Relationship/family issues
- Depression
- Anxiety
- Anger
- Time management
- Substance use issues and concerns
- Self-esteem
- Body image
- Grief
- Stress management
- Self-care
- Life transitions

What is kept confidential in counseling?
Everything you talk about with your counselor is confidential. Counselors respect your information in accordance with state and federal laws and professional ethical standards. Counselors will not disclose any of your information outside of CWS without your written consent. By law, exceptions to confidentiality may occur when there is a threat of harm to self or others, an indication of child or elder abuse/neglect, and/or a signed judge’s subpoena requesting information.

How do I make an appointment?
Please email an appointment request, including a brief description of your availability, to counseling@resu.edu. One of the personal counselors will connect with you to schedule a meeting in a timely manner. If you prefer to specifically meet with one of the personal counselors, you may also contact Susan or Nicole directly via their ResU email or phone.

Web Resources
For more information about our services and access to various mental health and wellness resources:

www.resu.edu/student-resources/counseling

Also visit our info on the Student Services LibGuide: http://libguides.resu.edu/student_services