

# COUNSELING SERVICES

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Counseling Services is dedicated to providing confidential mental health counseling to help current enrolled Niagara University students work through and overcome obstacles that may be hindering their ability to reach their full potential.

We offer a holistic, strength-based perspective that recognizes and respects the dignity of all persons within a safe, supportive, non-judgmental environment. We strive to be aware of and advocate for social justice. Counseling Services is committed to being knowledgeable and sensitive regarding issues of gender, race, ethnicity, national origin, sexual orientation, religion and ability.

## Services

Counseling Services is committed to providing comprehensive, quality mental health services to students who may be dealing with everyday life stressors, as well as more challenging concerns or circumstances. Counseling Services are provided by licensed mental health professionals. Services include:

### Short-term, Goal-Oriented and Person-Centered Individual Counseling

Individual Counseling assists clients in exploring a variety of relationship and personal challenges. Some common reasons clients seek services are to address concerns such as, but not limited to, adjustment to a new environment, depression, anxiety, stress, low self-esteem, sexual orientation, wellness and lifestyle improvement, abuse issues, grief, and family or origin concerns.

### Outreach Programming/Workshops

Counseling Services assists students, outside of the counseling setting, to develop skills, gain knowledge, and increase self-awareness in the areas of personal-social-emotional wellbeing. Counseling Services may provide presentations and outreach wellness outreach opportunities on topics such as stress management, suicide reduction, coping strategies, wellness, in classes, residence halls, and to groups/organizations as requested.

## Consultation

Counseling Services staff meet with individuals, small groups, organizations, and departments to assist them in defining issues and developing strategies to deal with concerns.

## Referral

Counseling Services staff is knowledgeable about a variety of referral sources in the WNY area. When a student needs a service not available through Counseling Services, or a student requests assistance to link with a community resource, Counseling Services will refer them or provide options to consider for treatment needs.

## Location and Office Hours

Counseling Services is located in the lower level (basement) of Seton Hall. Office hours are from 8:30 AM - noon and 1:00 PM - 4:30 PM, Monday through Friday, during the Fall and Spring semesters. Students can stop in, or call our office during business hours at 716-286-8536 to set up services or request additional information.