

# COUNSELING CENTER

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Stress, anxiety, depression and a host of other personal struggles can often prevent students from obtaining their full potential. The Counseling Center provides a variety of opportunities for students to work towards a more balanced life style. These include individual and group counseling to help students increase effective coping, overcome obstacles and achieve a healthy well-being. Career counseling and personality inventories are also available.

The Counseling Center also offers free, anonymous, online emotional wellness screenings that all University of Dayton students can take to see if they might need a hand in dealing with their emotional struggles. Screenings for anxiety, mood and eating concerns are available. The screening takes less than two minutes to complete.

Your privacy is protected if you are over 18 unless the law requires that information be released. This might occur if your life or the life of another is in immediate danger, if there is endangerment to a minor or vulnerable adult or if there is a court order

Matriculating undergraduates, graduate assistants and law students are eligible for services at no charge. Other graduate students, Intensive English Program participants and non-matriculated undergraduate students pay on a fee-for-service basis. Contact us for information about charges and services. The Center is accredited by The International Association of Counseling Services, Inc.

Please call the Counseling Center at 937-229-3141, Monday-Friday 8:30 am to 4:30 pm, excluding holidays, to schedule an appointment to see a therapist. We are located on the first floor of Gosiger Hall.