

# CENTER FOR COUNSELING & WELLNESS

## Center for Counseling and Wellness

University Counseling and Psychological Services and the Office of Health Promotion and Wellness have merged to form the Center for Counseling and Wellness (CCW), offering integrated mental health, wellness, and advocacy resources.

The Center for Counseling and Wellness is committed to providing a range of counseling and wellness services intended to help currently enrolled DePaul students remove barriers to academic and personal success by addressing emotional, psychological, interpersonal, and holistic health concerns.

CCW provides time-limited individual psychological counseling, couples counseling, group counseling, personal growth-oriented workshops, wellness events and activities, Survivor Support Advocacy, alcohol and other drug support, and crisis management services. For some students a skill-building workshop, wellness event, or small group counseling experience is the most effective intervention. While others may benefit from therapeutic services, confidential survivor support, or more intensive counseling services.

### CCW – Counseling Services

CCW has a diverse, caring, and competent professional team that work from a variety of theoretical perspectives. Students have varying degrees of mental health needs, from a one-time drop-in meeting with a counselor, all the way to brief counseling and crisis-related needs. Our counselors can help you in a variety of ways; they are excellent sounding boards, compassionate listeners, and skillful experts in college mental health. If further campus or community services are beneficial, these will be discussed, and referrals can be made by the counselor.

Regarding individual counseling services, CCW primarily offers collaborative, goal-focused, & short-term counseling. Students with higher levels of need receive referrals and linkages to community providers to engage in longer term or specialized services. CCW partners with the Center for Students with Disabilities to provide Psychological Testing Services. Team members deliver training to the larger campus community using models such as Mental Health First Aid (MHFA) to increase the capacity of staff, faculty and other students to support the mental health needs of everyone who makes up the DePaul community.

### CCW – Wellness Services

CCW provides holistic education, support, and resources for individuals to create and sustain long-term, healthy behaviors. Throughout the academic year, CCW provides educational events, workshops, and outreach activities to provide students with the information they need to make informed decisions regarding their overall well-being.

Two focus areas of CCW's education efforts center around Alcohol and Other Drug (AOD) misuse prevention, and Sexual or Relationship Violence (SRV) prevention. Our AOD services stem from a harm-reduction approach, which encourages healthy choices and responsible decision-making regarding the use of alcohol, tobacco, and other drugs. Students are asked to consider their own safety and the safety of the community in relation to alcohol and substance use.

SRV services are guided by a trauma-informed framework to address the impacts of trauma on campus community members. SRV prevention at DePaul University includes providing opportunities for the community to engage in bystander intervention training, sexual health resources and education, healthy relationship assessment and education, and Survivor Support Advocacy.

### Health Services

DePaul Student Health Services are offered through Ascension Medical Group. The DePaul Student Health Center is available for use only by students living in DePaul University Housing. A mandatory fee to access the center is included in a student's housing bill. Student Health Service is NOT a primary care option for students. The center provides acute care for variety of illnesses and injuries. However, all students are encouraged to also identify a Primary Care Provider while attending DePaul. More information can be found here (<https://offices.depaul.edu/student-affairs/support-services/health-wellness/health-resources/Pages/health-services.aspx>).

### Student Health Insurance

DePaul requires all degree-seeking students to have active health insurance. Students who need coverage can enroll in the DePaul Student Health Insurance Plan (<https://depaul.myahpcare.com/>) provided by UnitedHealthcare.

### Blue Demon Strong

Holistic wellness development at DePaul University is guided by a holistic approach to mental health and wellness. This includes recognizing that our health and wellness is more than just the absence of disease and stretches beyond just physical and mental health. It means that all facets of wellness (social, emotional, intellectual, environmental, financial, physical and spiritual) are equally important. CCW offers workshops, educational opportunities, resources and individual wellness coaching in collaboration with Campus Recreation, to help students prioritize and care for themselves in a holistic and comprehensive method.

### CCW offers support on both campuses:

**Lincoln Park Campus (LPC):** 2250 N. Sheffield Avenue, Student Center, Suite 350 (Counseling) and Suite 302 (Wellness)

**Loop Campus:** 25 E. Jackson Blvd. Lewis Center, Suite 1400 (Counseling & Wellness)

For more **counseling information**, please visit at: [go.depaul.edu/CCW](http://go.depaul.edu/CCW) or contact us at [DePaulCCW@depaul.edu](mailto:DePaulCCW@depaul.edu)

For more **wellness information**, please visit at: [go.depaul.edu/wellness](http://go.depaul.edu/wellness) or contact us at [wellness@depaul.edu](mailto:wellness@depaul.edu)

For more **university health insurance information**, please visit at: DePaul Student Health Insurance Plan (<https://depaul.myahpcare.com/>) or contact us [studentinsurance@depaul.edu](mailto:studentinsurance@depaul.edu)

DePaul 24/7 Mental Health Helpline: (773) 325-CARE (2273), press option 1

Free phone-based crisis support is offered around the clock for all enrolled and registered students.

### Press option 2 – Counseling Services

Speak with counseling services team during normal office hours regarding counseling information.

**Press option 3 – Wellness Services**

Speak with wellness services team during normal office hours regarding university health insurance, Sexual or Relationship Violence (SRV) support, and other wellness information.

**Co-Curricular Learning Outcomes**

As a result of participating in **Center for Counseling and Wellness** programs, students will be able to:

- Describe healthy coping strategies.
- Describe strategies to take care of themselves and others.
- Develop mental health first aid helping skills.
- Identify resources both within DePaul University and within the surrounding community to remove barriers to academic or personal success.
- Develop decision-making skills related to their personal health and community well-being.
- Utilize on and off-campus resources related to their well-being and the well-being of others.
- Demonstrate reflective thinking about the impact of their choices on themselves and others.
- Articulate the relationship between societal norms and their perception of their personal health and community well-being