

# Counseling Services

# New Hours of Operation



**8:00AM to 7:00PM, Monday – Thursday**

**Beginning August 26<sup>th</sup>, the Office of Counseling Services will have extended hours from 8:00AM to 7:00PM, Monday – Thursday! Friday Hours will remain 8:00AM to 5:00PM.**

**The Office of Counseling Services is the only campus agency that provides comprehensive mental health services to enrolled students.**

**Although our office name is Counseling Services, we provide more services than our name implies. We support the academic mission of the university by also providing academic coaching, career assessment, crisis intervention, consultation and a variety of workshops and presentations to assist you in reaching your personal, academic and career goals.**

**Our services are offered in an atmosphere that is welcoming and respectful of all students regardless of race, gender, ethnicity, age, sexual orientation, citizenship or physical status.**

**Our staff is committed to your success and we are devoted to partnering with you to make your college years a satisfying experience.**

**If you decide that you would benefit from our services, please stop by 1526 Webb Center or call 757-683-4401 to schedule an appointment.**