

COUNSELING CENTER QUICK REFERENCE

To make an appointment for counseling, please have the student complete a request form online (keyword: Personal Counseling Request) or in person at the Counseling Center.

COUNSELING SERVICES ARE:



FREE
NO INSURANCE IS BILLED



CONFIDENTIAL



LICENSED
PROVIDED BY LICENSED COUNSELORS
(LCPC OR LPC)



FOR MENTAL HEALTH
FOR ALL MENTAL HEALTH ISSUES, FROM
USUAL LIFE STRESSORS TO MENTAL ILLNESS

Phone: 773-298-4045
Email: counselingcenter@sxu.edu
Website: www.sxu.edu, keyword: Counseling
Location: 3911 W. 103rd St., Chicago, IL 60655



Saint Xavier
UNIVERSITY
www.sxu.edu

WHEN TALKING WITH A DISTRESSED STUDENT

GIVE ATTENTION

GIVE THE STUDENT YOUR UNDIVIDED ATTENTION

EXPRESS

YOUR CONCERNS IN BEHAVIORAL AND NON-JUDGMENTAL TERMS

GIVE HOPE

ASSURE THE STUDENT THAT THINGS CAN GET BETTER

MAINTAIN

CLEAR AND CONSISTENT BOUNDARIES AND EXPECTATIONS

REMEMBER

YOU CAN CONSULT WITH AND/OR REFER TO THE COUNSELING CENTER

Additional tips on helping a distressed student can be found in the Students of Concern Guide on the Counseling Center web page.

EMERGENCY CONTACTS:

Dean of Students 773-298-5060
Counseling Center 773-298-4045
Public Safety 773-298-3911



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