

Counseling and Wellness Services

Counseling and Wellness Services (CWS) provides various services for students related to personal and emotional adjustment, mental health, developmental issues, academic skill-building and crisis intervention. Confidential services are provided at no cost for currently enrolled University students, are generally short-term, and follow a brief intervention model. Counselors will assess the nature and extent of a student's concern and make appropriate recommendations. Services offered include initial assessment, consultation, individual and group counseling, crisis intervention, academic support, campus outreach, and referral information. More information is available at www.stthom.edu/counseling. For an appointment or additional information, contact CWS at 713-525-2169 or 713-525-6953.