



Center for Student Counseling and Well-being

Provided by



Natalia Gutierrez LMFT- CSCW Assistant Director



A place to explore your thoughts
and feelings in order to build
skills to handle life's trials
and accomplish your goals.





We can help with:

Relationship Challenges

Couples Counseling

Social Anxiety

Stress Management

Test Anxiety

Depression

Panic and Anxiety

Problem Solving & Goal Setting

Substance Abuse

Disordered Eating and Body image

Grief And loss

Adjustment to Student Life

And much more....





- ❑ Screening Session
 - ❑ +10 Free Counseling Sessions
 - ❑ Individual / Couples/Family Counseling
 - ❑ Psychiatric Services Available
 - ❑ 24/7, 7 days a week Crisis Hotline
 - ❑ Confidential
 - ❑ Non-diagnostic
- ❑ In-person / Telehealth (video)
 - ❑ Call (954) 424-6911
(on-campus dialing (2-7050)
- Log into portal to set up 1st appt.
<https://www.hendersonbh.org/t-student-counseling-services/nova/>

About Us ▾

Services ▾

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Contact Us

Nova Southeastern University

NSU Center for Student Counseling and Well Being (CSCW)

The NSU Center for Student Counseling Services and Well Being offers student counseling services to the student body of Nova Southeastern University to help them maximize their best self academically, personally and professionally. NSU's clinical partner is Henderson Behavioral Health, a leader in behavioral healthcare providing comprehensive, recovery-focused services and is accredited at the highest level for Student Counseling Services by the Commission on the Accreditation of Rehabilitation Facilities (CARF).

Services provided at CSCW range from stress management and coping strategies to psychiatric assessment and crisis intervention. The center provides the student with an assessment, counseling, consultation, psychiatric services, wellness and recovery education, and when needed case management services and linkage or referral. In addition, the Center for Student Counseling and Well Being provides various outreach programs and support groups on such topics as stress management, transitions to college and grad school, as well as coping with oneself and others.



[Registration Portal](#)

Mission / Philosophy

College is an exciting transformative time, but along with these changes often comes a variety of challenges and concerns that are new and unique to the student population. Stress, anxiety and a range of other emotions are normal reactions to the demanding school programs and transition to college life. When these emotions become difficult to deal with alone, Student Counseling Services provides the student with an opportunity to benefit from working on personal issues with experienced and licensed professionals.

Henderson Behavioral Health is the higher learning institution's primary behavioral health provider for its students and/or campus community. The mission of the program is to collaborate directly with students to reduce barriers that stand in the way of the definition, implementation and accomplishment of their educational, personal, and or career goals. The center staff will provide students with an opportunity to develop personal insight, identify and solve problems,



Hours of Operation:

Monday	8:30am - 6:00pm
Tuesday	8:30am - 6:00pm
Wednesday	8:30am - 6:00pm
Thursday	8:30am - 6:00pm
Friday	8:30am - 5:00pm

*Late Night Appointments Available
Mon-Thurs Until 8pm*

On-Call Crisis Counselor available
24hrs/7days wk /365 per year



Davie Main
Campus:
Student Affairs
Building 3rd Floor

In Person &
Telehealth Services
Available

<https://www.hendersonbh.org/t-student-counseling-services/nova/>



Talk to a doctor or therapist by **phone or video**

UnitedHealthcare StudentResources and HealthiestYou have partnered together to provide access to doctors and mental healthcare from anywhere you are, even while traveling internationally.* All services are free for students covered under the UHCSR insurance plan; services are available for all other students for a fee, as noted below.

For the 2022-23 policy year, from the HealthiestYou app or website, you can get:

General Medical

Talk to a licensed doctor 24/7 by phone or video from anywhere

\$0 for UHCSR students
\$55 for non-UHCSR students

Mental Health

Choose a therapist and schedule an appointment by phone or video 7 days a week (7 a.m. to 9 p.m.)

Therapist
\$0 for UHCSR student
\$90 for non-UHCSR student

Psychiatrist
\$0 for UHCSR Insured
\$220 for non-UHCSR students' first visit
\$100 for non-UHCSR students' ongoing visits

*Relationship must be established with a provider in the U.S. prior to traveling internationally.





Download the app. Get care when you need it.

Call 855-870-5858 | Download the app  



Phone Numbers

If needing IMMEDIATE attention,

call 911

Public Safety: (954) 262-8999



Phone Numbers

Office:

954-424-6911

Crisis Hotline:

954-424-6911

(available 24 hours, 7 days a week)

<https://www.hendersonbh.org/t-student-counseling-services/nova/>

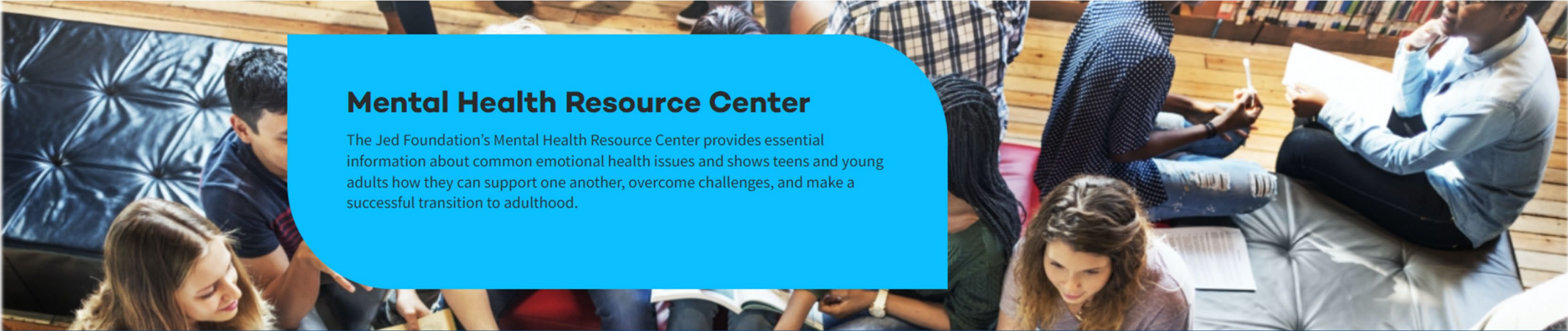


The Jed Foundation

I NEED HELP I WANT TO HELP

RESOURCE CENTER

DONATE



Mental Health Resource Center

The Jed Foundation's Mental Health Resource Center provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.

I Want to Take Care of My Mental Health

Our emotional well-being can range from feeling good to struggling because of a situation or a condition like depression. These resources can help you navigate life's challenges, practice self-care and coping, and/or find the support of professionals.

Get started →

I Want to Help My Friend

Young adulthood can be a time of significant change and intense challenges. These resources can help you recognize that a friend may be struggling and provide support.

Get started →



You can also contact the JED Crisis Text Line by texting HOME to 741-741.



NSU Care Team

NSU Care Team

- The NSU Student CARE Team serves as the coordinating hub of existing resources, focused on the prevention and early intervention of students experiencing distress, feeling overwhelmed or engaging in harmful or disruptive behavior. The Team recommends interventions (e.g., academic advising, Tutoring & Testing, Writing Center, etc.), develops support strategies (e.g., Student Counseling, Student Disability Services, Student Behavioral Concerns Committee, etc.), and offers case coordination in accordance with university policies. The overall goals of the Team is to connect students in need with necessary resources to help resolve underlying concerns that may impede their daily functioning, disrupt their ability to be successful, and might be indicative of harm to self or others.



NSU Care Team

**Student
Disability
Services**

Campus Life

Public Safety

**Student
Behavioral
Concerns
Committee**

Residential Life

**Center for
Student
Counseling and
Well-being**

Title IX

NSU Student Care Team

Overview

Report A Concern

FAQ

Resources

Presentations

Groups

Discussion Series

The Graduate Assistant For
Student Counseling Services

NSU Home > Student Care Team >



- **Website:**

<https://www.nova.edu/studentcare/index.html>

- Click on → "Report a Concern"

Contact Us

Phone: (954) 262-7482

Email:

nsucareteam@nova.edu

Thank you!

