

# CENTER FOR STUDENT COUNSELING AND WELL-BEING

BY HENDERSON BEHAVIORAL HEALTH

Individual,  
Couple,  
and Family  
Counseling



Coping Skills  
and Support  
Groups



Medication  
Management



- All services are totally confidential and available in person or via telehealth.
- The center is staffed by licensed mental health professionals, licensed psychologists, and a psychiatrist.
- Available to all current students, including regional campuses.
- Services are FREE for full- and part-time students (up to 10 sessions per year).
- Screening appointments for NEW students are available daily.
- Crisis services are available 24/7. Call (954) 424-6911.

 [nova.edu/studentcounseling](https://nova.edu/studentcounseling)

 **Student Affairs Building, 3rd Floor  
Fort Lauderdale/Davie Campus**

 **(954) 262-7050 or (954) 424-6911**



How you handle stress is key to a successful college career. We have all heard the wise saying: *“It’s not what happens to you, it’s how you deal with it.”* College life provides opportunities to experience many different challenges.

The Center for Student Counseling and Well-Being by Henderson Behavioral Health can help you develop personal insight, identify and solve problems, and implement positive strategies (coping skills) to better manage various stressors.

Let us help you maximize your best self—academic and personal—in a comfortable, confidential, and judgement-free environment.

### THE CENTER CAN HELP WITH

- academic and career development
- relationship challenges
- substance use
- stress and time management
- adjustment to student life
- anxiety/depression
- financial worries
- problem solving and goal setting
- test anxiety
- diet and body image

We are here to support you. Register online, via the webpage, to make an appointment.

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