

SERVICES OFFERED

Essex County College Wellness Center provides short-term counseling options for currently enrolled students. Services are provided by licensed, provisionally licensed staff, or graduate level students who are closely supervised by licensed Wellness Center staff.

- Crisis Intervention
- Short-term Individual Counseling
- Groups
- Workshops
- Skill development for academic success, such as coping skills, test anxiety, test-taking skills, self-esteem work, stress management, time management, and motivational skills.

STUDENT WELLNESS CENTER

Located in the CFT Building

Hours of Operation:

Monday- Thursday, 9am-7pm

Friday, 9am-5pm

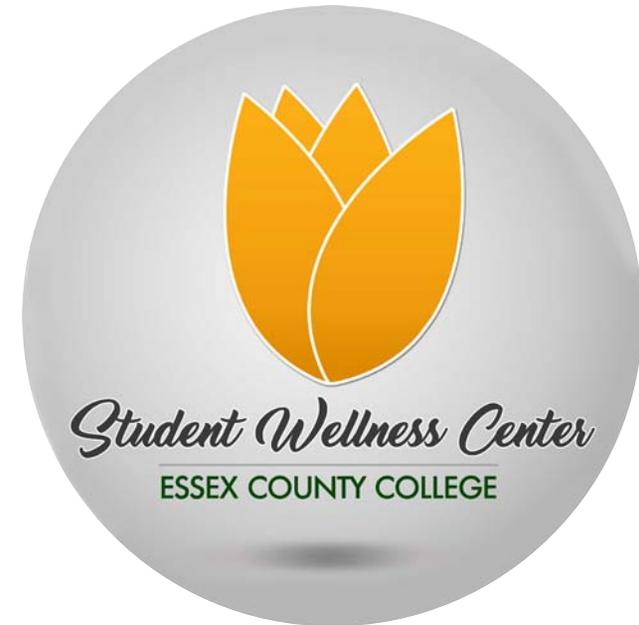
Staff:

Dr. McCants, *Clinical Director*
Zmccants@essex.edu

Ms. Vaden, *Coordinator,*
Student Wellness Center
Vaden@essex.edu

If you are experiencing any issues and would like to speak with someone, we encourage you to visit the Student Wellness Center.

Let's talk



WE'RE HERE TO LISTEN



WE'RE HERE FOR YOU.

At the Wellness Center,

We understand that a vital part of your academic success is your emotional well-being. It can be extremely difficult to focus on your goals when you're feeling stressed, anxious, angry, overwhelmed, or depressed.

Our Values:

We strive to provide supportive and effective counseling services that are accessible to all currently enrolled Essex County College students. We believe in creating a welcoming and safe environment that values diversity and encourages intellectual & emotional growth, fosters personal & social learning, and development.

What is Wellness?

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

Why does Wellness matter?

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters! Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions.

HOW CAN WE HELP YOU?

We want to provide you with the guidance, information, resources and support needed to make college life more manageable and successful. Our counselors are here to help with personal, social, and academic issues in a safe and confidential environment.

We focus on the:

Eight dimensions of wellness



EMOTIONAL
ENVIRONMENTAL
FINANCIAL
INTELLECTUAL

OCCUPATIONAL
PHYSICAL
SOCIAL
SPIRITUAL

We also offer Alternative Wellness Classes/Workshops.

These are classes that focus on mental, physical, and spiritual health. Classes include Yoga, Tai Chi, Meditation, Workshops on Mindfulness & Grounding exercises, and Writing for Wellness.

We host events like:

Wellness Wednesdays
Wellness Week (once per semester)
Tabling Events
Game Break
Game Day

WHAT CAN WE ASSIST WITH?

- Adjustment to college life
- Alcohol/Substance Abuse
- Depression
- Diversity & Cultural differences
- Domestic Violence/Intimate Partner Violence
- Eating & Body Image concerns
- Family difficulties
- Financial stressors
- Grief & Loss
- LGBTQ+ Concerns
- Relationship Issues
- Self-Love/Self-Care
- Stress & Anxiety
- Suicidal Thoughts
- Trauma

In the event of an after-hours crisis please contact your nearest police station, crisis center, or call LIFELINE 1-800-273-TALK (8255) or Text HOME to 741741

Mindfulness
&
Meditation

