Making life changes, choosing an appropriate major and career, and leading a successful and fulfilling life can be difficult at times.

Dedicated to helping students achieve the kinds of academic success, personal growth, balance and appreciation for diversity that lead to rich, full and healthy lives.

HOURS OF OPERATION
MONDAY - THURSDAY
8:30am - 6:00pm
TUESDAY - WEDNESDAY
8:30am - 8:00pm
FRIDAY
8:30am - 5:00pm

Call for an appointment
PHONE  954.424.6911
FAX     954.424.6915
...or walk in.

Located at the University Park Plaza
3440 S. UNIVERSITY DRIVE  |  DAVIE, FL 33328

Individual Counseling
Couples Counseling
Group Counseling
Psychiatric Services

College life can be stressful...
We are here to help.

The demands of an academic life can contribute to stress.

Some of the concerns Student Counseling Services can help address include:

Academic & Career Development
Relationship Challenges
Stress And Time Management
Substance Abuse
Anxiety
Depression
Adjustment To Student Life
Problem Solving & Goal Setting
Test And Seminar Anxiety
Eating And Body Image
Making life changes, and choosing an appropriate major and career, is exciting, but along with these changes often come a variety of challenges and concerns that are new to many students.

Stress, anxiety, and a range of other emotions are normal reactions to the demanding programs and college life. Sometimes, these emotions become difficult to deal with alone, and it is often helpful to talk to someone or to reach out and ask for help.

Student counseling provides the opportunity for students to benefit from working on personal issues with experienced professionals.

The counseling relationship is objective, non-judgmental, and understanding. Most importantly, the counseling relationship is strictly confidential. Students are afforded the opportunity to express their emotions in an uninhibited environment.

**The counseling center is staffed by licensed mental health professionals, a licensed psychologist and a psychiatrist.**

Henderson is accredited at the highest level to provide Student Counseling Services by the Commission on the Accreditation of Rehabilitation Facilities (CARF).

**INDIVIDUAL COUNSELING**
Individual counseling focuses on the exploration and resolution of the student's personal problems or issues according to his/her needs.

**COUPLES COUNSELING**
Counseling the parties of a relationship (couples, family members, and friends) to help them better manage troublesome differences.

**GROUP COUNSELING**
A small group of individuals who meet to assist each other in emotional growth and problem solving; facilitated by a counselor.

**PSYCHIATRIC SERVICES**
Sessions with the psychiatrist for evaluation and determination regarding medication management.

**REGIONAL CAMPUS SERVICES**
Counseling and psychiatric services are available via Video Counseling for all Regional Campus students.

**CONFIDENTIALITY**
Student Counseling Services are strictly confidential and we cannot reveal what has been discussed without your permission to anyone outside of our office. In the event there is cause for concern that a student may do harm to self or others, the staff is legally bound to intervene.

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**FREQUENTLY ASKED QUESTIONS**

**HOW MUCH DO SERVICES COST?**
For both part-time and full-time students, counseling sessions are available at no cost. If seeing the psychiatrist, students are charged a nominal fee and the school insurance is accepted.

**HOW MANY TIMES CAN I VISIT?**
Part-time and full-time students can participate in up to 10 sessions per year from the date of your first appointment.

**HOW DO I MAKE AN APPOINTMENT?**
To make an appointment with Student Counseling Services, students can call (954) 424-6911, or simply walk in.

**WHAT HAPPENS AFTER HOURS,**
If you find yourself in a crisis that requires immediate assistance and the office is closed, you may access an on-call counselor by calling (954) 424-6911.