



Let us teach you coping skills.

Our counselors help you explore your thoughts and feelings to clearly realize your perspectives. Then we give you tools to handle life's trials and accomplish your goals.

Individual Counseling Group Counseling
Couples Counseling Psychiatric Services
Regional Campus Services

- All services are totally **confidential**
- Counseling center is staffed by licensed mental health professionals, a licensed psychologist, and a psychiatrist
- Services are **FREE** for full and part-time students (up to 10 sessions per year)
- Crisis services available 24/7



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



Henderson
Student Counseling Services

Triage Screening Sessions available daily for new students. Please call us or go to our website for more information.

Hours of Operation

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

(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.

Henderson 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.

Make an appointment. We are here to support you.



Henderson
Student Counseling Services

You are NOT alone! Student Counseling CAN help with:

**Academic & Career
Development**

Relationship Challenges

Substance Abuse

**Stress and Time
Management**

**Adjustment to
Student Life**

Anxiety/Depression

Financial Worries

**Problem Solving
& Goal Setting**

Test Anxiety

**Diet and
Body Image**

www.hendersonbh.org/services/student-counseling/nova-southeastern-university

(954) 424-6911