

**Whatever your circumstances, let's talk!**  
We are here to help and support you.

Adjustment to College Life

Alcohol/Drug Abuse and Addictions

Depression

Diversity and Cultural Differences

Domestic Violence Issues

Eating and Body Image Concerns

Family Difficulties

Financial Stressors

Grief and Loss

Lesbian, Gay, Bisexual, Transgender and Queer Concerns (LGBTQ)

Recovering from Trauma

Relationship Problems

Self-Awareness/Self-Care

Stress and Anxiety

Suicidal Thoughts

### How to Reach Us

If you are experiencing any issues or want to speak with someone, we encourage you to visit The Wellness Center.

Room C249

(718) 482-5471

WellnessCenter@lagcc.cuny.edu

[www.laguardia.edu/WellnessCenter](http://www.laguardia.edu/WellnessCenter)

### WELLNESS RESOURCES ON CAMPUS

#### Athletics and Recreation Center

Room MB-42

(718) 482-5963

Recreation@lagcc.cuny.edu

[www.laguardia.edu/recreation](http://www.laguardia.edu/recreation)

#### Health Services Center

Room MB-40

(718) 482-5280

Health-Center@lagcc.cuny.edu

[www.laguardia.edu/Student-Services/Health-Services](http://www.laguardia.edu/Student-Services/Health-Services)

For an additional list of resources, visit  
[www.laguardia.edu/WellnessCenter](http://www.laguardia.edu/WellnessCenter)

"I GAINED INSIGHT ON HOW I CAN BE A HAPPIER AND HEALTHIER PERSON."

# The Wellness Center

*Get your dose of wellness today!*



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# We're Here for You.

**AT THE WELLNESS CENTER**, we know that a vital part of your academic success is your emotional well-being. It can be extremely difficult to focus on your goals, even simple tasks or activities, when you are feeling stressed, anxious, angry or depressed.

## What is Wellness?

Wellness is how healthy you feel and how well you are able to meet your daily obligations.

## How We Can 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 available to help you cope with personal, social and academic issues in a safe and confidential environment.

*Counseling services are provided by licensed professional counselors.*



## Crisis Intervention

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Counselors offer support and resources to students who may have issues that require immediate attention.

## Wellness Workshops

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Counselors teach students skills and techniques on how to deal with everyday stress, depression and other personal issues to help balance academic, personal and work goals.

## Short-Term Individual Counseling

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Counselors help students gain a deeper understanding of the sources of their difficulties. Students learn how to develop plans for action that can be applied to improve their daily life.

## Support Groups

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Students who share a common identity or concern discuss their experiences in a small group setting. They work to facilitate personal growth by exploring personal issues and learning interpersonal skills.

## A.S.S.I.S.T.

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The Academic and Social Student Integration for Success Team (A.S.S.I.S.T.) has peer mentors and coaches that help students with social anxiety or who have been diagnosed with Autism and/or Asperger's syndrome.

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