STUDENT & EMPLOYEE ASSISTANCE PROGRAM

Individual Counseling
- Anxiety and stress management
- Personal loss/grieve
- Test anxiety/math anxiety
- Depression
- Relationship issues
- Marital counseling (short term referral)

Group Counseling
- Smoking cessation
- International students
- Life transition support
- Relevant topics for dorm living (spring and fall)

Substance Abuse Resource Center Meetings

Alcoholics Anonymous (AA)
The scope of AA’s program is much broader than just abstinence from drinking alcohol. Its goal is to effect enough change in the alcoholic’s thinking “to bring about recovery from alcoholism” through a spiritual awakening. A spiritual awakening is achieved by taking the Twelve Steps, and sobriety further by volunteering for AA and regular AA meeting attendance or contact with AA members.

Overeaters Anonymous (OA)
A twelve-step program for people with problems related to food including, but not limited to, compulsive over eaters, those with binge eating disorder, bulimics and anorexics. Anyone with a problematic relationship with food is welcomed, as OA’s third tradition states that the only requirement for membership is a desire to stop eating compulsively.

APPOINTMENTS
Monday-Thursday 7:30 a.m. to 5:30 p.m.
Friday 7:30 a.m. to 11:30 a.m.