

PERSONAL WELLNESS SERVICES

The Southwestern College Personal Wellness Services is located in Building 58A – Room 104 and is offered to students currently enrolled and taking classes. These services are strictly confidential, and include brief, individual, personal counseling, group therapy, and wellness workshops focusing on prevention. The main goals of the Personal Wellness Services are to support student emotional health, academic success, and retention at the College. All services are provided by Licensed Clinicians / Mental Health Counselors or Clinical Interns at the college.