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Gardner-Webb Counseling Center Offers Resources for Students




By Jenna Shackelford | Wednesday, October 10, 2018

Gardner-Webb's Counseling Center offered a free mental health screening for students Oct. 4 and wants to remind students about their resources as Depression Awareness Month begins.

Cindy Wallace, Director of the Counseling Center, says that screening is important for students. "Just like your physical health, your mental health is really important, too. It's always good to have a checkup. The counseling center can test for anxiety, depression, post-traumatic stress syndrome, and mood disorders," she said.

The Counseling Center is a resource for students on campus. College students are generally in a transitional time in their lives and can utilize the Counseling Center as they navigate this chapter of their lives, according to Wallace. "You're having to make some decisions. It's a growth and learning period."

Counselors at the center help students through a variety of issues they might be having, from "roommate issues, to depression, to anxiety. You're here at school. You're away from your family and you're trying to deal with a lot of different things. We see a full-range of issues, and we're here to help," she said.



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If students are worried about visiting the Counseling Center because they do not know what to expect, they can rest assured that counseling is confidential and has no bearing on their academic careers. Wallace explained that counselors “will pay close attention to what your needs are. It’s really non-threatening, and it’s confidential, just as though you are going to a therapist in town. It’s our goal that students feel comfortable being here.”

If students should choose to seek counseling off-campus, the Center can give referrals to other places in the community.

Regardless of whether or not a student should choose to seek counseling, mental health is important and there are small steps that students can take to take care of themselves. Wallace says that sleep, eating right, and intentional exercise come at the top of the list. While those things might not be possible every day for college students, as a rule, being sure to stay rested, eating healthy, and exercising all help the body to function better. Wallace pointed out that these steps that students can take in their daily lives and the counseling are free ways to stay mentally healthy.

The Counseling Center is located on the third floor of Tucker Student Center. Students can walk in or make appointments by phone or email to see a counselor.