Initial Consultation

- Up to 30 minute appointment
- Therapeutic recommendation provided including one or more of the following options

Off-Campus Referrals

- **Psychiatric Evaluation**
- Intensive or Specialized Therapy
- Medical Withdraw

- Individual or Group Counseling
- ACT
- **Bi-Weekly Counseling**
- **Off-Campus Counseling**
- Stress and Anxiety Management
- ♦ Therapeutic Yoga

- Skill Building
- 3 Skill Building Sessions
- Skills Coaching
- **Well-Being Sessions**

- **Well-Being Class**
- **Practice Skills Gained**

- Peer Support
- **Peer Mentors**
- **Clubs and Organizations**
- Tutoring

- Fraternity & Sorority Life
- **Trusted Friend or Family**

Wellness Ambassadors

RAs

- Campus Resources
- ADHD/SLD Testing
 - **Accessibility Resources** Office (ARO)
 - **Campus Recreation**
- Center for Academic Success
- CLASP
- **Dean of Students**

- **Longwood Recovers**
- Office of Multicultural Affairs/Title VI
- RCL

- Title IX
- **University Career Services**
- **University Health Center**
- **Upchurch University Center**

- **Self Care**
- **Apps and Websites**
- **CAPS Resource Library**
- **CAPS Tips & Tricks**

- **Luminette Glasses**
- **Self-Help Books**
- **TED Talks**

- Sleep
- **Exercise and Nutrition**
- Other Self-Help