

COUNSELING AND WELLNESS SERVICES

Counseling and Wellness Services believes mental health and wellness are critical to student learning, persistence, retention, and personal development. We support student mental health and wellness through direct counseling services, community referrals, consultation, and educational programming.

Licensed, professional, mental health providers offer free, short-term, non-intensive services to students who are currently attending classes. Counselors provide assistance to students with issues such as anxiety, depression, stress, or relationship concerns. Because counseling services are short-term in nature, a referral to outside counseling will be provided if it is determined that the student would benefit from assistance beyond the scope of our services. Referrals to basic needs community resources can also be provided to students.

For more information or community referrals, please contact a CWI counselor at counselor@cw.edu or 208.562.2200. Additional resources are available on the [Counseling and Wellness Services](#) web page.