

Counseling & Wellness Center

The Counseling and Wellness Center (<https://www.norwich.edu/counseling>) (CWC) staff provides support for the mental health needs of the university population. Individual and group counseling for students is available in a confidential setting. In addition, thematic groups and psycho-educational workshops can be provided in response to specific needs. These services are conducted by a highly trained staff of licensed clinicians and supervised master's level interns. Counseling services are free to NU students.

The CWC also provides wellness programming, services, and outreach including acupuncture, massage, yoga, therapy dog visits, light therapy, and access to a virtual self-help resource called WellTrack (<https://app.welltrack.com>) (available to all students through their NU email address). During the semester, the CWC will host depression and mental health screening opportunities, and bring guest lecturers and movies to campus to provide a broader understanding of relevant issues surrounding college mental health and wellness.

It is the CWC's primary purpose to provide holistic support to students as they pursue their academic and personal goals, enhancing the student experience at Norwich.

For more information contact the CWC via email cwc@norwich.edu, phone 802-485-2134, or drop by our office on the 4th floor of the Kreitzberg Library during regular business hours 8-4:30pm Monday through Friday.

For updated event postings: <https://norwich0.sharepoint.com/sites/counselingwellness/SitePages/Home.aspx>

or Find us on Facebook @ NU Counseling Wellness (<https://www.facebook.com/pg/NUCounselingWellness>)