



Hampton University Student Counseling Center

HAMPTON UNIVERSITY MENTAL HEALTH SERVICES

Introduction to Mental Wellness

Developing healthy mental habits is essential for personal growth and emotional well-being. This presentation educate on the services offered by The Student Counseling Center.

MEET THE TEAM



Director

Dr. Kristie Norwood
Licensed Clinical Psychologist



Assistant Director

Dr. Avril Sargeant
Licensed Professional Counselor



Lead Mental Health Clinician

Dr. Briana Williams
Licensed Clinical Psychologist



Athletics/Band Clinician

Mrs. Vonchell Lewis
Licensed Clinical Social Worker



Resident in Counseling/ Art Therapist

Mrs. Tuesdai Johnson
Mental Health Clinician



Administrative Assistant

Mrs. Elizabeth Traxx-Burianek
SCC Front Desk



Graduate Assistant

Ms. Asase Barber



Graduate Assistant

Ms. Sydney Scipio-Smith



Wellness Care Coordinator

Ms. Emily Kirk
SCC/ Health Center

MISSION

The vision of the Hampton University Student Counseling Center is to lead the way in creating and promoting a culture of mental wholeness and wellness on campus. By utilizing culturally competent individual therapy, group therapy, and strategic outreach and educational programming we emphasize and integrate the importance of HBCU culture while enlightening and empowering the student body and Hampton University community.

PIRATE WELLNESS SERVICES

COUNSELING SERVICES

Meet with a Therapist for individual counseling or crisis counseling (immediate assistance during a crisis).

WELLNESS WORKSHOPS

Meeting with a Therapist and other students in a topic specific group or using peer-led groups for support.

PEER SUPPORT

Using peer-led organizations for additional support.

CAMPUS SUPPORT

Using campus departments and services for support.

Taking an active role in applying self-care strategies to enhance well-being.

WELLNESS PODS

Provides resources, support, and education to students who experience loss.

BEREAVEMENT SERVICES

Referral from staff to an off-campus mental health service.

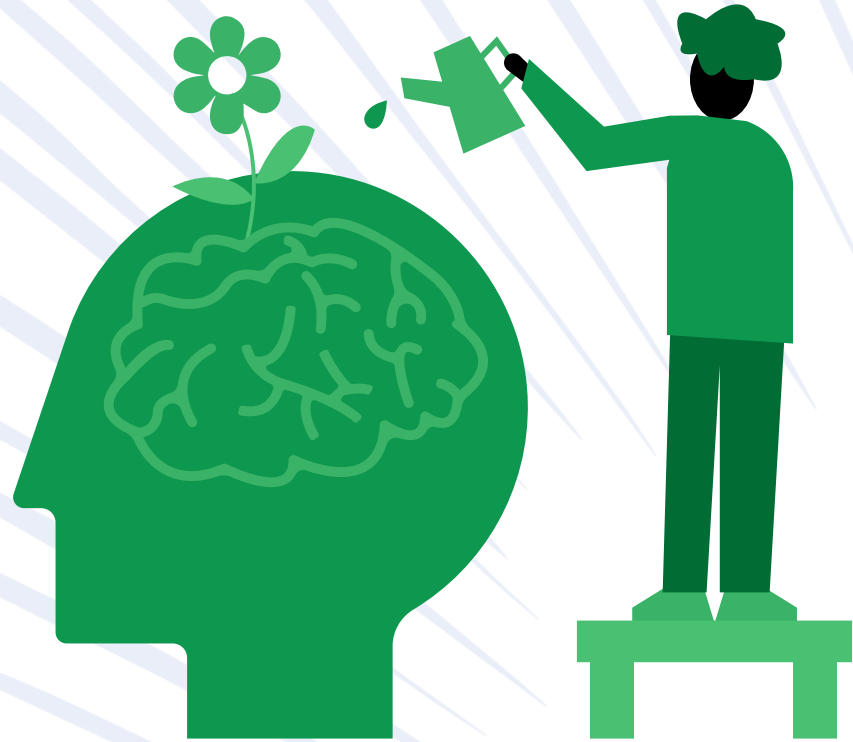
OFF-CAMPUS REFERRALS

Meet with a Therapist to develop a wellness plan.

WELLNESS CONSULTATIONS



WHAT WE DO....



1:1
Counseling

Peer Support

Grief Services



Men's Mental Health

LGBTQIA+ Supportive
Services

Theme Sport Games

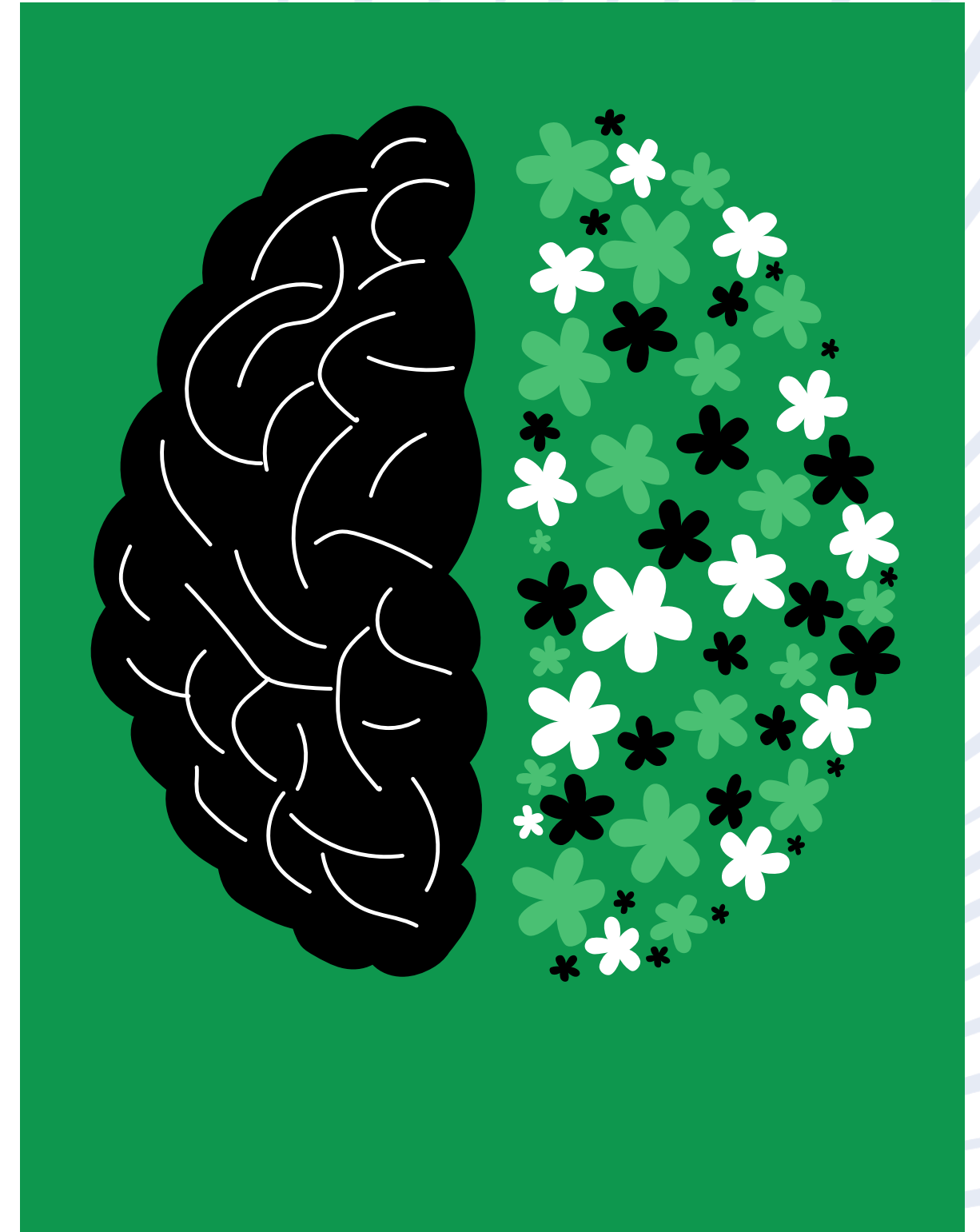
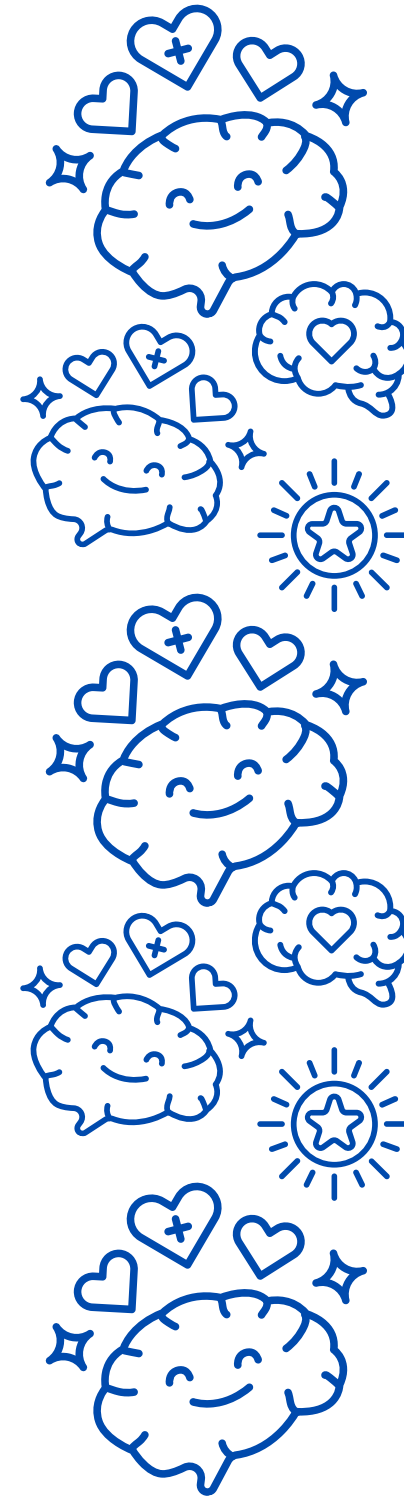


TRAININGS

Mental Health First Aid

Assist

More Coming Soon



Scan the QR code
and complete this
[brief survey](#) to
help us improve
your next
experience!



THANK
YOU!



Hampton University Student Counseling Center

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757-727-5617



@hamptonu_counselingcenter



studentcounseling@HAMPTONU.EDU



<https://home.hamptonu.edu/counseling/>

