

NU-Q Counseling and Wellness

Counseling and Wellness is your one stop for information about all your health needs! Our mission is to promote healthy lifestyles, create opportunities for positive behavior change and enhance your academic success! Check out our services and "Be Well"!

AccessibleNU-Q (formerly Services for Students with Disabilities)

The mission of ANU-Q is to insure accessibility for all students to university programs. Counseling and Wellness administers ANU-Q, which offers accommodations counseling, evaluation referral, disability-related information, and adaptive technology and equipment for academically related purposes.

Biofeedback

Biofeedback is a way to get information about what is happening in your body so that you can learn to better control your body to improve your health and performance. If you are having symptoms like stomach problems, pain in the chest, racing heart, difficulty catching your breath, difficulty sleeping, easily upset, or having headaches or neck/back pain then a referral to biofeedback is an effective strategy to teach self-regulation to feel better and get you functioning at your best. Counseling and Wellness has worked successfully with many students to manage migraine headaches, tension headaches, irritable bowel syndrome, and anxiety.

Coaching

Life Coaching services are offered to students who are looking to take action towards their goals or visions for all areas of their lives. Coaching uses inquiry and personal discovery to build self-awareness and responsibility and provides students with structure, support and feedback with multiple strategies for achieving those goals. Coaching focuses on the future rather than emotional healing.

Confidentiality

Professional ethical standards as well as United States federal and state laws prohibit counselors from confirming, denying, or discussing whether a student has sought services with Counseling and Wellness unless we have prior written permission from the student. This applies even if parents or professors referred the student to Counseling and Wellness or discussed concerns about the student with the office. Information learned from the student and about the student will not be shared with others without written permission from the student, except in rare, emergency situations related to safety, or as required by law. Please visit the website for the full terms and conditions related to confidentiality.

Consultation

A counselor is available to assist students who have questions about how to handle difficult situations with their friends or family. If you feel that something may be wrong (i.e., you find yourself constantly asking your friend "Are you OK?" or you find him/her not sleeping, constantly worried, having headaches, spending time alone, or feeling irritable most of the time) simply call a CHW counselor, who can talk with you about your concerns and help you sort out what steps to take next.

Counseling

Adjustment problems are common, especially during the first year, and Counseling, Health, and Wellness can offer assistance with this and other personal issues including study skills, career decision making, stress and anxiety, depression, relationship and social difficulties, eating and body image concerns, loss and grief, and more. Short term counseling services are intended to help students with developmental issues and challenges, as opposed to providing long-term intensive psychotherapy. A safe and non-threatening environment is assured. During your first appointment, you will meet with a counselor to determine how Counseling and Wellness can best meet your needs. You may be scheduled for further appointments as needed or referred to a more appropriate resource. If you have been hospitalized or in long-term psychotherapy before coming to NU-Q, we can help with referrals for continued mental health care in area. Counseling services are free of charge to all full-time students.

Crisis Intervention

For students experiencing severe emotional distress, Counseling and Wellness provides walk-in urgent counseling during office hours. If you need urgent mental health support after office hours you can contact Counseling and Wellness staff at 3061-8481. If your crisis is life-threatening call 4454-0999 if on campus or 999 if off campus or visit the nearest hospital emergency room.

Health Promotion

Counseling and Wellness coordinates many health-related educational programs to promote healthy lifestyles, health maintenance, and disease/injury prevention. Individual counseling on health issues is also available for students.

Immunizations and Health Insurance

Counseling and Wellness promotes the overall public health of the campus community by administering immunization and health insurance policy compliance. For students who have questions about their immunization status, university provided health insurance or their Hamad health card, they can contact Counseling and Wellness in person or via email.

Medical Leave of Absence

The purpose of a medical leave of absence (MLOA) is to provide students time away from campus for treatment of a physical or mental health condition. Students may request a MLOA by contacting Counseling and Wellness,

Referral Services

Counseling and Wellness can make referrals to other health related professionals as needed by students.

Workshops

Workshops are available that address study skills, health topics, and personal development, and suicide prevention. To request a workshop

Counseling and Wellness services can be accessed by visiting our website or emailing wellness@qatar.northwestern.edu