



NSU HOME

GETTING STARTED

ADMISSIONS

CAMPUS LIFE

ACADEMICS

OUTREACH

NEWS

Campus News

Learning

Arts & Culture

Athletics

Outreach

Alumni News

CALENDAR



Hawkreach Counseling Services available to NSU students

Northeastern State University's counseling center has a new location. Newly renamed and now open in North Leoser Hall in the former facilities of the purchasing department, Hawkreach Counseling Services is available to all NSU students.

"More space was needed, as well as creating a primary location for students to access counseling services," said director Shelia Self. "And the name was changed to give the service an identity on campus."

Students can obtain free counseling services to help address psychological issues.

"Apart from one-on-one counseling, we are able to present information and provide training for various organizations and events on campus," said Self. "We provide assessments, activities such as biofeedback and referrals when necessary."

The staff can lead psycho-educational groups and presentations, assist in pointing individuals to community resources and use bio-feedback to help students with stress and anxiety control.

"Our goal is to assist students during a very critical and dynamic time in their lives," said Self. "We want to provide a warm and inviting place where students can express their need to professionals in a confidential environment."

Male and female counselors are available and can be requested. For more information about Hawkreach Counseling Services, call (918) 444-2042.

Published: 12/1/2010 4:13:13 PM

[Go back to News Central](#)

