

About The Counseling Services

The Counseling Services at Lynn University is committed to providing a variety of mental health and substance abuse programs and services dealing with emotional, psychological, behavioral and social issues. These services are available to currently enrolled students.

The Lynn University Counseling Services is fully accredited by the International Association of Counseling Center, Inc.

The Counseling Services is located on the 2nd floor of the Snyder Center for Health and Wellness building. Schedule an appointment by visiting the office or calling +1 561-237-7237.

And our graduates? They've gained the intellectual flexibility and global experience to take the lead in an ever-changing world.

+1 561-237-7237

<https://lynn.studenthealthportal.com/>

LYNN
UNIVERSITY



Distinguished School

Recognized by Apple as a distinguished school
for innovation, leadership, and educational excellence.

Emotional Toolkit

Helpful Resources On-Campus, Off-Campus, and Online

Lynn University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award baccalaureate, master's and doctoral degrees.
Contact the Commission on Colleges at 1886 Southern Lane, Decatur, Georgia 30033-4097 or call +1 404-679-4500 for questions about the accreditation of Lynn University.
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Lynn University does not discriminate on the basis of race, color, gender, religion, sexual orientation, national origin, disability, genetic information, age, pregnancy or parenting status, veteran status or retirement status in its activities and programs. In accordance with Title IX of the Education Amendments of 1972, Lynn University does not discriminate on the basis of sex. Inquiries concerning the application of the non-discrimination policy may be directed to the University Compliance Officer/Title IX Coordinator at 3001 N. Military Trail, Boca Raton, FL 33431; via email at titelxcoordinator@lynn.edu; by phone at +1 561-237-7727 or to the U.S. Dept. of Education OCR.

The Counseling Services is here to support you.

On Campus Resources

These are the offices on campus that are available to assist you.

Academic Advising Center: 561-237-7793 / myadvisor@lynn.edu
www.lynn.edu/campus-directory/departments/academic-advising

Campus Safety: 561-237-7226 / campussafety@lynn.edu
www.lynn.edu/student-life/campus-safety

Career and Alumni Connections: 561-237-7286 / careerconnections@lynn.edu
www.lynn.edu/career-and-alumni-connections

Counseling Services: 561-237-7237 / counselingservices@lynn.edu
www.lynn.edu/student-life/health-and-wellness/counseling-services

Dean of Students/Case Management: 561-237-7230 / dos@lynn.edu
www.lynn.edu/campus-directory/departments/dean-of-students

Financial Aid: 561-237-7185 / financialaid@lynn.edu
www.lynn.edu/campus-directory/departments/financial-aid

Institute for Achievement and Learning/Tutoring: 561-237-7064
www.lynn.edu/academics/individualized-learning/institute-for-achievement-and-learning

International Programs and Services: 561-237-7522 / ips@lynn.edu
www.lynn.edu/campus-directory/departments/international-programs-services

Student Health: 561-237-7231 / studenthealthcenter@lynn.edu
www.lynn.edu/student-life/health-and-wellness/student-health

Student Accessibility Services (ADA): 561-237-7028 / ada@lynn.edu
www.lynn.edu/campus-directory/departments/accessibility-services

Title IX: 561-237-7581 / titleixcoordinator@lynn.edu
www.lynn.edu/titleix



Off Campus Resources

Here are some local resources available to you in the community to help with various issues. These resources are not, in any way affiliated with Lynn University Counseling Services.

2-1-1:

- Information and Referral Hotline, Dial 211, www.211palmbeach.org

Addiction/Substance Abuse Services:

- Alcoholics Anonymous (AA), 561-276-4581, www.aainpalmbeachcounty.org
- Gamblers Anonymous (GA), 855-222-5542, www.gamblersanonymous.org
- Narcotics Anonymous (NA), 786-632-1355, 800-861-9372, <https://www.narcotics.com/na-meetings/florida/boca-raton/>

Anger Management:

- The Glass House, 954-938-0055, www.theglasshouseonline.net/services.html

Crisis Stabilization Resources:

- South County Mental Health, 561-737-8400, www.scmhcinc.org
- JFK North (2201 45th Street), 561-881-2671, www.tapartnership.org/listing/FL/West-Palm-Beach/JFK-Medical-Center.htm

Crisis Hotlines and Text Chat:

- The National Suicide Prevention Lifeline, dial 988 or www.988lifeline.org/ to text or chat
- Trevor Project 24hr Crisis Line for LGBTQ+ youth, 866-488-7386 www.thetrevorproject.org

Dating/Domestic Violence:

- Aid to Victims of Domestic Abuse (AVDA) South County, 800-355-8547 www.avdaonline.org
- Palm Beach County Sheriff's Office (PBSO) <https://www.pbso.org/services/domestic-violence>
- One Love Organization, www.joinonelove.org/

Eating Disorders:

- The Renfrew Center 1-800-RENFREW, www.renfrewcenter.com/
- Equip Health 1-855-628-2049, <https://equip.health/>

LGBTQ+ Support Resources:

- Compass LGBT Community Center 561-533-9699, www.compassglcc.com
- SunServe 954-764-5150, www.sunserve.org

Online Resources

Self-help resources can be great to accompany work you are doing in counseling or in a support group. These resources are not, maintained, or in any way affiliated with Lynn University Counseling Services.

Adjustment Difficulties:

- Transition Year: www.jedfoundation.org/transitioning-to-college/

Addiction:

- Virtual Bar, www.responsibility.org/bac-calculator/
- Alcohol Use Disorder test, www.auditscreen.org/check-your-drinking/
- Cannabis Use Disorder Identification test, <https://prevention.dasa.ncsu.edu/aod/cudit/>
- Recovery, www.startyourrecovery.org
- Rethinking Drinking, www.rethinkingdrinking.niaaa.nih.gov
- Gambling, www.gamblinghelp.org

Grieving:

- Medlineplus, www.medlineplus.gov/bereavement.html
- Helpguide.org, www.helpguide.org/home-pages/grief.htm

Veteran's Service Resources:

- U.S. Department of Veteran's Affairs, www.mentalhealth.va.gov/

Self Help and Stress Relief Apps

The use of app resources is not necessarily a substitute for professional counseling services. These resources are not, maintained, or in any way affiliated with Lynn University Counseling Services. Most are free but some are available for a small fee.

BetterSleep:

- Sleep stories, meditations, and ambient sound mixer to improve sleep hygiene, www.bettersleep.com/

Breathe2Relax:

- Stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercise to help users learn the stress management skill called diaphragmatic breathing

Breathwrk:

- Guided breathing exercises like box breathing and 4-7-8 technique for calm, www.breathwrk.com/



Self Help and Stress Relief Apps (continue)

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CBT Companion:

- This app teaches the user techniques of Cognitive Behavioral Therapy (CBT) using activities, videos, and interactive tools. The app features a journal for users to log their mood, and note items such as sleep and medication. Exercises in the app are intended to help the user reframe negative thoughts or beliefs.

Finch:

- Cute and customizable self-care app with mood tracking, daily goals, and accountability via friends, www.finchcare.com/

Happify:

- Break old patterns, form new habits, www.happify.com/

Headspace:

- Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness. Meditation creates the ideal conditions for a goodnight's rest. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.

How We Feel:

- Simple emotional journal to label, track, and understand feelings, www.howwefeel.org/

MindShift CBT:

- Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life.

UCLA Mindful:

- Free meditation app with guided sessions in English and Spanish, backed by UCLA research, www.uclahealth.org/ulcamindful/ucla-mindful-app