

About The Counseling Center

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

The Counseling Center is located in the Student Affairs Suite on the southeast corner of E.M. Lynn Residence Center. 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 1866 Southern Lane, Decatur, Georgia 30033-4097 or call +1 404-679-4500 for questions about the accreditation of Lynn University. © 2018 Lynn University

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 3601 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 Center is here to support you.



On Campus Resources

These are offices on campus who are available to assist you.

ADA Academic Specialists

- Lynn University prides itself on offering a collegiate experience that is accessible, equitable, and inclusive in nature. The ADA Office offers reasonable accommodations to Lynn University community members with diagnosed disabilities to ensure an accessible learning, living, and working environment for all community members. In addition, the Office ensures compliance with all federal requirements relating to disability services. If you are a student with a disability and wish to request ADA accommodations, please contact Student Accessibility Services, ada@lynn.edu or 561-237-7028.

Academic Advising Center: 561-237-7793

- <https://my.lynn.edu/ICS/Academics/>

Campus Safety: 561-237-7226

- https://my.lynn.edu/ICS/LifeatLynn/Campus_Safety_and_Security.jnz

Career and Alumni Connections: 561-237-7286

- https://www.lynn.edu/ICS/Academics/Hannifan_Center_for_Career_Connections

Counseling Services: 561-237-7237 counselingservices@lynn.edu

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

Wellness: wellness@lynn.edu

- https://my.lynn.edu/ICS/LifeatLynn/Student_Wellness_and_Health_Promotions.jnz

Dean of Students/Case Management: 561-237-7230 DOS@lynn.edu

- https://my.lynn.edu/ICS/LifeatLynn/Dean_of_Students.jnz

Student Financial Services/Financial Aid: 561-237-7185, 800-578-9737

- <https://my.lynn.edu/ICS/Finances/> studentfinancialservices@lynn.edu

Student Health: 561-237-7231 studenthealthcenter@lynn.edu

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

Institute for Achievement and Learning/Tutoring: 561-237-7087

International Student Services: 561-237-7522 iss@lynn.edu

- https://my.lynn.edu/ICS/Academics/International_Student_Services.jnz

TitleIX/Compliance Office: 561-237-7727 titleixcoordinator@lynn.edu

- https://my.lynn.edu/ICS/LifeatLynn/Title_IX.jnz

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 Center.

211:

- 2-1-1 Information and Referral and Suicide Hotline 2-1-1
- www.211palmbeach.org

Addiction/Substance Abuse Services:

- Alcoholics Anonymous (AA) 561-655-5700 www.aa-palmbeachcounty.org
- Gamblers Anonymous (GA) <http://www.gamblersanonymous.org/ga/>
- Narcotics Anonymous (NA) 561-848-6262 palmcoastna.org

Anger Management:

- Anger Management 561-832-3828 angermgmt.org

Crisis Stabilization Resources:

- South County Mental Health 561-737-8400 scmhcinc.org
- JFK North (45th Street) 561-881-2671 jfknorth.com/service/behavioral-health

Crisis Hotlines and Text Chat:

- The National Suicide Prevention Lifeline 800-273-TALK or 800-SUICIDE
- Trevor Project 24hr Crisis Line for LGBTQ+ youth 866-488-7386
- thetrevorproject.org

Dating/Domestic Violence:

- Aid to Victims of Domestic Abuse (AVDA) South County: 800-403-9353
- www.avdaonline.org
- Palm Beach County Sheriff's Office (PBSO) Victim's Advocacy Department -
- 561-688-3000, 561-688-3978, 561-688-3974 www.pbso.org

Eating Disorders:

- The Renfrew Center 1-800-RENFREW <http://renfrewcenter.com/>

LGBTQ+ Support Resources:

- Compass LGBT Community Center 561-533-9699 www.compassglcc.com
- SunServe 954-764-5150 sunserv.org
- Pride Center 954-463-9005 pridecenterflorida.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 Center.

Adjustment Difficulties:

- Transition Year: Emotional Health at College www.transitionyear.org

Addiction:

- Virtual Bar: <https://www.responsibility.org/drink-responsibly/virtual-bar-and-BAC-calculator/>
- Alcohol Use Disorder Identification Test
- <https://pubs.niaaa.nih.gov/publications/arh28-2/78-79.htm>
- The Cannabis Use Disorder Identification Test-Revised
- <https://pubs.niaaa.nih.gov/publications/arh28-2/78-79.htm>
- Recovery: <https://startyourrecovery.org/>
- Rethinking Drinking: <https://www.rethinkingdrinking.niaaa.nih.gov/>
- Gambling: <https://gamblinghelp.org/>

Grieving:

- Medlineplus: <https://medlineplus.gov/bereavement.html>
- Helpguide: <https://www.helpguide.org/home-pages/grief.htm>

Common Mental Health Issues facing College Students:

- <https://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/>
- ULifeline: <http://www.ulifeline.org/lynn>
- Online Screening: <http://www.ulifeline.org/lynn/page/student/SelfEval.html>
- The Jed Foundation: <https://www.jedfoundation.org/>
- You@Lynn: You.Lynn.edu

Local Referrals:

- Thriving Campus: <https://lynn.thrivingcampus.com/>

Veteran's Service Resources:

- PBSC Veteran's Resource Center
- www.palmbeachstate.edu/VeteransServices



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 Center. Most are free but some are available for a small fee.

Happify:

- Happify is a self-guided app that aims to increase positive emotions through exercises and games supported by positive psychology and mindfulness research.

MindShift:

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

SAM app:

- An application to help users understand and manage anxiety

Sanvello-Stress & Anxiety Help:

- Provides holistic tools to address stress, depression, and anxiety using Cognitive Behavioral Therapy, mindfulness, and relaxation.

Breathe2Relax:

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

Headspace:

- Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness. Meditation creates the ideal conditions for a good night'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.

Meditation Studio:

- A collection of over 160 guided meditations.

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.