



Here to Help

Feeling lonely and depressed? Having panic attacks? Experiencing test anxiety? Having difficulty making friends?

Our staff is here to help you make it through the tough times and provide you with the skills you'll need to move forward as strong as ever.



Counseling & Testing Center

Are you concerned for yourself or someone who is...

- Having difficulty making friends?
- Having panic attacks?
- Experiencing test anxiety?
- Feeling lonely and depressed?
- Binging and purging or overeating?
- Thinking about suicide?
- Drinking or using other drugs?
- Having family problems?
- Having relationship problems?
- Dealing with childhood abuse?
- Pregnant and scared?

Are you looking for information on registering and taking standardized examinations?

Are you looking for someone/someplace to take a proctored examination?

We can help! For additional information on our services please feel free to contact us at (337) 482-6480, email, or by visiting us at the Saucier Wellness Center (located in O.K. Allen Hall).



WHAT IS COUNSELING?

Counseling is a process where someone asks for help due to problems of emotional nature from a professional who is trained in counseling. The professional will try to help the person seeking therapy to cope with the problem, and to mature and learn more about himself or herself.

SHOULD I SEE A COUNSELOR?

WHAT TYPES OF SERVICES ARE OFFERED?

AM I ELIGIBLE? WHAT'S THE COST?

WHAT TYPES OF TESTING ARE OFFERED?

Suicide Prevention

According to the American Foundation for Suicide Prevention, Suicide is the 2nd leading cause of death among college students and the 3rd leading cause of death among all youth 15-24 years old.

For more information, please visit our [Suicide Prevention page](#)

Alcohol Awareness

Are you aware of the consequences of binge drinking? Can you recognize the warning signs of alcohol poisoning? Do you know how to help?

For more information, please visit our [Alcohol Awareness](#) page

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