Common Issues Addressed
- Adjustment Difficulties
- Depression
- Anxiety
- Academic Concerns
- Relationship Difficulties
- Trauma
- Abuse
- Eating Disorders
- Substance Abuse
- Sexual Addiction
- Loss / Grief
- ADHD
- Spiritual Concerns

Contact Information
Counseling Services
1000 Regent University Dr.
SC 218
Virginia Beach, VA 23464
757.352.4101
regent.edu/counselingservices
counselingservices@regent.edu

Emergency Information
In the event of life or death emergency please dial 911.

Other Crisis Numbers:
- Crisis Line 757.627.5433
- Lifeline 800.273.TALK
- Suicide Hotline 800.784.2433

What is Christian Counseling?
Counseling Services provides Christian counseling by clinically trained professionals who identify God as the author of all knowledge and the Bible as a direct expression of His truth. We view counseling as the integration of those beliefs with the teachings of psychology as it pertains to the human experience. All counseling staff members are Christians and have been trained in the practice of Christian counseling. All services are based on a biblical and Christian worldview. However, the client still maintains the right to request that counseling be spiritually based or not. Providers will always respect the client’s requests in this area.

“The reason I stayed [in counseling] is because of the biblical perspective.”
MFA Student
The college experience is an exciting one. It is a time of learning—a period of academic and personal growth. It is also a time of adjustment. Whatever your story, you can be certain—with all of the fun, learning, excitement and growth of college life—students also experience times of stress. We in Counseling Services seek to provide students with support and assistance to facilitate their development.

Services Provided
Consultation
Individual Counseling
Group Counseling
Couples Counseling*
Psychoeducational Groups
Support Groups
Training and Presentations
Medication Management & Referral
Outreach

*Counseling for couples is based on therapist availability.

Eligibility
Counseling services are available to all Regent students. In order to be eligible, the student must be currently enrolled in at least one class and able to come to campus to receive services. During the summer and winter breaks, students may participate in counseling as long as they are registered for the following semester.

Cost
Counseling services are provided free of charge to all eligible students.

Scheduling
All scheduling is completed using the Online Appointment Scheduler. Instructions are available at www.regent.edu/counselingservices.

Confidentiality & Client Records
Courts have long valued the confidentiality of the counseling relationship. As such, information shared within the confines of a counseling relationship cannot be shared without prior written approval from the client. However, confidentiality may be broken in instances including the following:

Abuse: The counselor is required by law to report any concern or suspicion related to the abuse of children, elderly or disabled individuals.

Safety: The counselor is required by law to intervene in any situation where there is concern that the client is a risk to him/herself or others. In situations where a third party is involved, that person must also be notified. The counselor reserves the right to report any concerns involving the safety or well-being of the university in part or whole.

Court Order: In very rare cases judges may order the release of information.

Legal Proceedings: In the event that a client files a complaint or lawsuit against Counseling Services or Regent University, records are allowed to be used as part of their defense.