

Helpful information:

- The Trevor Project (for LGBT individuals in crisis):
1-866-488-7386
 - Can text without having to call, Available on Fridays Text the word “Trevor” to 1-202-304-1200
- National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
- Facebook and Instagram:
you can report a concerning post that a friend/follower has posted and they will contact the person via email and they will give them helpful resources
- 911

On Campus:

Campus Security: 274-9790
Counseling Center: 421-6951
Student Support Services: 421-6969

Off Campus:

Lake Charles Police: 491-1456 or
911
Sheriff’s Office: 491-3751
Oasis-A Haven for women and
children: 494-7273
Lake Charles Memorial Hospital ER:
494-3036

SOWELA Technical Community College does not discriminate on the basis of race, color, national origin, gender, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies:

Title	Compliance Officer
Address	3820 Sen J Bennett Johnston Ave
Telephone No	337-421-6565 or 800-256-0483
Email	complianceofficer@sowela.edu

SOWELA Technical Community College Counseling Center

Magnolia Bldg, Student Success Center
Hour of Operation: Mon.-Fri., 8am-4pm
Phone: 337-421-6971
<https://www.sowela.edu/personal-life-counseling>

Student Counseling Services



Counseling Center
counseling@sowela.edu
337-421-6971

SOWELA Student Counseling Center is a confidential and free service available to all students.

Our purpose is to help students cope with everyday stressors, mental health issues, dilemmas in their personal development, and/or with painful events in their lives.

Our goal is to help make all SOWELA students successful in ways that further their growth and make their experiences more positive.

How do I know if I or someone I know may need services?

- School Performance
 - Failing grades: this may be harder to detect in larger classes, however, if you notice grades dropping significantly as the semester progresses, it could be a possible warning sign.
 - change in quality of homework, papers, & tests
 - Begins turning in assignments late, not at all, or the quality of work is diminishing
- Late or not showing up for important obligations
- Change in behavior
 - Excessive tardiness or absences from someone who is normally punctual and present for class, work, or social outings.
 - Irritable, sad, or angry the majority of the time.
 - Social withdraw
- Change in dress
 - At times determining dress as a factor may be difficult due to dress being a form of self expression. However, being mindful of whether the individual's hygiene, condition, or cleanliness of clothing is a good warning sign.

Counseling Services Provided

- Individual therapy
- Couples Therapy
- Disability Services Testing
- Freedom from smoking
 - Tobacco Cessation
- Health and Wellness Fair
- Mental Health Seminars
 - Sexual Assault Awareness
 - Suicide Prevention and Awareness
- Referrals for substance abuse, domestic violence,

If you or someone you know is thinking about harming yourself or other, please contact...