

What makes a wellness check-in different from counseling?

There are many parallels between wellness check-ins and counseling that can make it easy to confuse the two services. The chart below describes some of the difference between these two distinctive student services.

Counseling	Check-ins
Counseling is a service that supports college students by providing effective treatment for mental health concerns.	Wellness check-ins support students by enhancing wellbeing, health, and success through empowering conversations about transitions, strengths, and the life you want to be living.
Counseling center staff are licensed mental health professionals.	Wellness check-ins are provided by SWC staff and graduate students who have participated in wellness coach training.
Counseling staff collect information about you and your concerns and work with you to decide how to best address them. Counseling staff will come alongside you on your journey toward resolving or managing these concerns.	Our team believes that you are the expert that you need, and we will listen non-judgmentally to help you to trust yourself to identify decisions that are most appropriate for your realizing your intentions and preferred outcomes.
Counseling appointments are confidential. Staff may not share your information without your express consent unless there is imminent danger to self or others, or as otherwise required by law.	Wellness check-ins are private. Staff members are required to share any disclosures of sexual assault, sexual or gender-based harassment, dating or domestic violence, or stalking. This information will only be communicated with other individuals on a need-to-know basis or as required by law.