ST FRANCIS COLLEGE EST. 1859

Counseling and Wellness Center

179 Livingston Street, Brooklyn, NY 11201 • Office of Academic Affairs • academicaffairs@sfc.edu

Your well-being is an important part of your academic success. The Counseling and Wellness Center is available to offer free, confidential support for a wide range of concerns, including stress, anxiety, relationship challenges, and adjusting to college life. Our services provide a safe, supportive space to explore your concerns and develop strategies for success. Seeking help is a sign of strength, and The Counseling and Wellness Center is here to help you thrive both personally and academically.

To make an appointment: Email sfccounseling@sfc.edu, make an appointment on Navigate, or visit us in Room 7214.

In a crisis: If you need immediate support, please contact Campus Security, call 911 or call/text the Suicide & Crisis Lifeline at 988.