

Trinity College Counseling and Wellness Center

My name is Haben Abraham, LCSW, and I am the Director of Trinity's [Counseling and Wellness Center](#). We are excited for you to join us here on campus. Transitioning to college can be an exciting and challenging time filled with new opportunities and unanticipated adjustments. Even the anticipated changes can be stressful for students and their families. But, we want you to know we are here to help.

For you students, in the coming weeks and years, you'll need to hold onto a lot of information. Some information will get you through the tests your professors assign, and some information will get you through the tests that life gives you as you navigate this new time in your life.

The Counseling and Wellness Center provides individual and group therapy to all students free of charge during their academic career at the College. Our therapists provide help with problems such as stress management, social adjustment issues, homesickness, anxiety, depression, alcohol and drug issues, eating disorders, identity issues, relationship problems, and grief and anger management. Please visit our website for more information about [our services](#) and staff member's [bios and areas of expertise](#).

We ask you to partner with us in creating a safe and emotionally well campus. Please know that the Counseling and Wellness Center is only one part in the multi-system network here on campus to serve you. The center has partnered with Hartford Hospital Campus Care to enhance collegiate therapeutic services available to our students. Should you need external resources or referrals, in addition to our services, our office can assist in finding the resources you need during your time at Trinity.

The staff at the Counseling and Wellness Center will be here to support your growth, learning and academic experience. Look out for our sponsored events like Sip n' Chat, where students can engage in less formal support groups throughout the academic year to discuss stress and time management, homesickness and life transitions over snacks and coffee. We also plan wellness focused, on-campus events throughout the academic year you can attend.

Again, welcome to Trinity and we look forward to supporting your productive and healthy Trinity experience! If you want to reach us, you can email us at cwc@trincoll.edu or call our main office phone at (860) 297-2415. We strongly encourage students to contact our office in order to set up an appointment or learn more about our services.

Warmly,

Haben Abraham

LCSW Director, Trinity Counseling and Wellness Center