

SUPPORT



On-Campus Counseling

On-campus counseling is available for all Christendom undergraduate students. On-campus counseling is a means of ensuring that each student has the mental and emotional tools necessary to succeed in his or her vocation as a student. On-campus counseling can help with:

- Addressing emotional issues that interfere with academic and personal success
- Understanding and overcoming personal challenges that arise during college
- Addressing mild to moderate depression and/or anxiety
- Managing addictive or destructive behaviors
- Developing time management and executive functioning skills

For students who may need more specific, specialized, or long-term mental health support, referrals to Catholic counselors in the area and/or via telehealth are also available. To make an on-campus counseling appointment, email twohearts@wcmhc.com or call 540-264-9641.

On-Campus Spiritual Counseling

You can make an appointment to speak with a chaplain by emailing Fr. Marcus Pollard (fr.pollard@christendom.edu), emailing Fr. Gabriel Flynn (fr.flynn@christendom.edu), or calling 540-692-0107. You can also contact Deacon Ed Peitler at deacon.ed@christendom.edu.

Off-Campus Counseling

Winchester Community Mental Health Center
www.winchestermhc.com
540-535-1112

Emergency Psychiatric Assessment, Treatment, & Healing (EmPATH) Unit
24 hours a day, 7 days a week
1840 Amherst St., Winchester, VA 22601
540-536-7284



EMERGENCY RESPONSE

In an emergency, always call 911.

Campus Security: 540-551-9111
Women's Residence Director: 540-914-2524
Women's RA on duty: 540-305-7052
Men's Residence Director: 540-431-7923
Men's RA on duty: 540-305-9506

CHRISTENDOM COLLEGE

540-636-2900 | WWW.CHRISTENDOM.EDU



This card is a tool for you to access the resources available to you as a Christendom student. Remember, nothing can replace the support that comes from asking for help in person. We as a college encourage you to speak to a professor, chaplain, or staff member if you're struggling or in a difficult situation.

Student Life staff and RAs are trained to provide you with the support you need to pursue the liberal arts and grow in holiness. We look forward to serving you on campus this year.



STUDENT HEALTH

On Campus

The campus family nurse practitioner is a free resource available to all students. Please see an email from the Nurse at the beginning of each semester for the clinic's hours of operation. To contact the nurse outside of office hours, email nurse@christendom.edu or call 540-336-9702 and leave a message.

Kelly Smith, FNP
Bridget Hickson, FNP
Lower Level of St. Lawrence Commons

Off Campus

Valley Health Urgent Care
65 Riverton Commons Plaza, Front Royal, VA 22630
540-635-0700 | *No appointment necessary*
Mon.-Fri. 8:00 am-8:00 pm | Sat.-Sun. 9:00 am-6:00 pm

Warren Memorial Hospital Emergency Dept.
351 Valley Health Way, Front Royal, VA 22630
540-636-0300

Fiat Medical
315 West 10th Street, Suite C, Front Royal, VA 22630
540-210-6492
Mon.-Fri. 8:30 am-4:30 pm | Sat.-Sun. Closed



REPORTING SEXUAL MISCONDUCT

Students can report sexual harassment, assault, or misconduct to the Sexual Misconduct Response Coordinator. Any Christendom faculty or staff member can assist you with making a report to the SMRC. Faculty and staff are not mandated to report sexual misconduct if they are made aware of it, but they may choose to do so at their discretion. If students are not ready or are unsure if they want to make a report, they can still discuss the incident with a faculty or staff member or the SMRC.

On-Campus Reporting

Sexual Misconduct Response Coordinator
Amanda Graf, Ed. D.
Regina Coeli Hall, Office 200
agraf@christendom.edu
540-551-9206

Off-Campus Reporting

Emergency Services 911
Front Royal Police Department
900 Monroe Ave., Front Royal, VA 22630
540-635-2111

Off-Campus Confidential Support

The Laurel Center's 24-hour hotline (540-667-6466) can connect you with confidential, off-campus resources. The Laurel Center provides resources to victims of domestic abuse and sexual assault, including legal advocacy, accompaniment to the hospital for an exam, and support groups.

Off-Campus Medical Support

After someone experiences sexual assault, having a trained-nurse examination can be an important step to recovery. Nurses are sensitive to a victim's needs, can provide medical attention, and ensure proper collection of forensic evidence. In our area, forensic exams can only be performed at Winchester Medical Center (1840 Amherst Street, Winchester, VA 22655 | 540-536-8000). Forensic exams are free and do not automatically result in a report to police. Student Life will provide transportation upon request.

Christendom encourages students to report cases of sexual misconduct, but we understand that each person responds and reacts to sexual misconduct in their own way. Some students may prefer to access the support services found in this booklet and not file an official report with the college or law enforcement. Whenever possible, the college supports the decision of all adult students in how they respond to sexual misconduct. The Christendom sexual misconduct policy and complaint resolution procedure can be found in Section IV of the Student Handbook or online at www.christendom.edu/handbook.