

# MENTAL HEALTH, WELLNESS AND COUNSELING, MINOR IN

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The minor in mental health, wellness and counseling will focus on promoting prevention and wellness in mental health for students in all majors. Grounded in a wellness and counseling framework, this minor equips students with the skills to better care for their own mental health and support the mental well-being of others in order to create and maintain healthier work, family, social and intimate relationships. Additionally, the minor will prepare those who want to pursue careers and/or graduate studies in helping professions that focus on prevention and wellness, such as counseling, education, community health, dental and holistic medicine. The minor consists of 18 credits, including:

Course	Title	Hours
CLED 200	The Science of Resilience and Holistic Health	3
CLED 220	Diversity Issues in Counseling and Helping Professions	3
CLED 340	Intimate Relationships	3
CLED 405	A Survey of Career Counseling	3
CLED 440	Family Dynamics	3
CLED 501	A Survey of the Counseling and Human Services Professions	3
<b>Total Hours</b>		<b>18</b>