
Navigating life’s challenges can be difficult. We’re here to help.

Our mission is to assist people navigate life.

Our services are individualized to help you:
- Identify your challenges
- Relieve stress
- Improve relationships
- Choose a career or head in a new career direction
- Feel better about yourself or others around you
- Improve your interpersonal skills
- Develop a positive outlook
- Be assertive
- Address your use of alcohol or other drugs

We take a holistic approach to counseling individuals, families, and groups utilizing evidence-based and innovative interventions on a outpatient basis. Our clinicians are supervised by doctoral graduate students and faculty, whose credentials include licenses as professional counselors, clinical addiction specialists, counselor associates, recreational therapists, and certifications as clinical supervisors, rehabilitation counselors, vocational evaluation specialists and biofeedback specialists.

ECU students, faculty, staff and adult residents of the Greenville community are eligible for services. A nominal fee, based on a sliding scale, will be charged for services, but no eligible persons will be turned away for inability to pay.

Contact Us. We’re here to help you NAVIGATE life.