

COUNSELING & TESTING SERVICES

College is a time of change that can be very exciting as well as stressful and challenging affecting students' well-being and academic success. Counseling can help with: adjustment to college, stress, anxiety, depression, frustration and anger, relationships, cultural struggles, grief and loss, sexual identity concerns, roommate conflicts, social difficulties, trauma, family issues, suicidal ideation.

Services:

- Individual, group or couples therapy
- In-person and tele-health
- Crisis services
- Consultation
- Tablings and events
- Outreach presentations
- Referrals to campus and community services
- Relaxation room with massage chair

Consultation:

The staff at SMSU Counseling services are available to consult with staff, students, parents and others about concerns.

Mental Health Screenings:

Mental Health screenings are online through the Counseling and Testing Services website at www.SMSU.edu/campuslife/CounselingTestingServices

Professional:

SMSU Counseling and Testing Services is staffed by licensed mental health professionals who provide free, confidential, short-term therapy in an empathetic, non-judgmental setting.

No Cost to Students:

SMSU offers enrolled students free, confidential, short-term therapy.

As students begin college, mental health concerns can develop for the first time or reemerge to create challenges in their personal lives and academic progress. We are here for students.

**IF YOU ARE EXPERIENCING A MENTAL HEALTH
CRISIS AFTER BUSINESS HOURS, PLEASE CALL 911.**

