

# MENTAL HEALTH COUNSELING CENTER

College is a time of change that can be very exciting as well as stressful. Challenges periodically affect students' well-being and academic success. Mental Health counseling can help with: adjustment to college, stress, anxiety, trauma, depression, frustration and anger, relationships, cultural struggles, self image, grief and loss, sexual orientation concerns, gender identity, roommate conflicts, social difficulties, family issues, and thoughts of harm to self or others.

## Services:

- Individual, group, and couples therapy
- In-person and tele-health
- Peer-to-peer support
- Self-guided wellness
- Crisis services and 24/7 crisis support
- Consultation
- Tablings and events
- Outreach presentations
- Relaxation room with massage chair
- Referrals to campus and community services

## Consultation:

The SMSU Mental Health Center staff are available to consult with faculty, staff, students and parents about concerns.

## Mental Health Screenings:

Mental Health screenings are online through the Mental Health Counseling Center website at [www.SMSU.edu/campuslife/MentalHealth](http://www.SMSU.edu/campuslife/MentalHealth)

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|---------------------|----------------------|--------------------------------|
| ▪ Academic Distress | ▪ Eating Concerns    | ▪ Generalized & Social Anxiety |
| ▪ Alcohol Use       | ▪ Family Distress    | ▪ Suicide & Homicide Risk      |
| ▪ Depression        | ▪ Frustration/ Anger |                                |
| ▪ Distress Index    |                      |                                |

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



**Professional:**

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

**No Cost to Students:**

Therapy is available and free to students who are currently enrolled at SMSU and who reside in the state of Minnesota at the time of counseling.

*We are here for students.*

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

🕒 Monday-Friday, 8:00 a.m.–12:00 p.m. & 1:00 p.m.–4:30 p.m.

📍 Bellows Academic 156

📞 Phone: 507-537-7150

🌐 [www.SMSU.edu/go/mentalhealth](http://www.SMSU.edu/go/mentalhealth)

For the most up-to-date information,  
scan the code to visit our website.



**National Suicide Prevention Lifeline: 988**

**Crisis Text Support: Text MN to 741741**



**MINNESOTA STATE**

*Southwest Minnesota State University,  
A member of Minnesota State, is an affirmative action,  
equal opportunity educator & employer.*