

Counseling Center

Responsible University Officer:

Director of Counseling Center

Contact Information for this office:

903-886-5145

<https://www.tamuc.edu/counseling-center/>

The Counseling Center offers free counseling and mental health services to students to help reach their academic and personal goals as well as maximize their potential for success. Counselors can provide support through individual and group counseling, consultation and referral, crisis intervention, and educational outreach.

Other services and resources for students include self-help resources and confidential online mental health screenings that can be found on the Counseling Center website. The Counseling Center also provides a sensory room for our in-person students on campus and is in our waiting area. It is available for 30 minutes at a time for all currently enrolled students (no appointment necessary). The sensory room provides a calm, quiet area for any student who is in distress, sensory overload or needs a place to calm their mind.

At the Counseling Center we provide a welcoming environment for all students at the university which can be facilitated both in person and through online counseling services if they are in the state of Texas. Confidentiality is respected and counseling records are not included as part of a student's academic record.

Staff and Faculty are also eligible for a referral consultation session if needed on a one-time basis. Staff and Faculty can also request an educational outreach session for their class by completing the outreach form: <https://www.tamuc.edu/student-life/division-of-student-affairs/counseling-center/counseling-center-outreach-and-prevention/>

It's important to note that the Counseling Center offers 24/7 support to our students. We are available in person Monday through Friday 8:00 AM – 5:00 PM. We have drop-in hours (no appointment needed) from 10:00AM – 11:30AM and 1:00PM – 4:00PM Monday through Friday. If students experience a crisis outside of normal business hours, they can call the Counseling Center and will be routed to a counselor over the phone who can assist and provide follow-up. **Please encourage all students to take advantage of the services the Counseling Center has to offer.**