

HOW TO GET STARTED

Initial Consultation

The first step is an initial consultation. Students provide basic information upon arrival and then meet with a staff counselor for approximately 30 minutes to determine the level of service that is needed. Depending on what services best meet the student's need, additional counseling appointments will be scheduled with a trained counselor, or the student may be referred to a more appropriate campus or community resource.

Counseling Appointments

If an appointment is set up in the Counseling Center:

- » The appointment may or may not be with the same person who performed the initial consultation session.
- » To support counseling, a student may be asked to complete brief forms, explore resources or attend workshops.

Counseling sessions typically last 50 minutes. Appointments are scheduled as frequently as every other week.

Students who require special accommodations due to a disability should notify the Counseling Center 48 hours prior to their appointments.

Because the Texas State Counseling Center is an APA (American Psychological Association) accredited training facility, a counselor may be a doctoral- or master's-level trainee. For quality assurance and supervision purposes, trainees must record all counseling sessions. Video recordings are confidential and are erased after supervision is complete.

Cancellation Policy

Due to heavy demand for services, please cancel a scheduled appointment at least 24 hours in advance.

Missing two appointments in a semester could make the student ineligible to receive further services that semester.

Confidentiality

All our services and records are confidential according to state and federal laws and professional ethical standards.

Detailed information can be found on the Counseling Center website.

MAKE AN APPOINTMENT

Call

512.245.2208

Office Hours

8 a.m. – 5 p.m.
Monday – Friday

ONLINE RESOURCES



Search for "Texas State Counseling Center"



@TXSTCounseling



youtube.com/TxStCounselingCenter



pinterest.com/TxStCounCenter

COUNSELING CENTER SERVICES



TEXAS  STATE
COUNSELING CENTER

LBJ Student Center, Room 5-4.1
San Marcos, TX 78666
512.245.2208 | counselingcenter@txstate.edu

TEXAS
 STATE
UNIVERSITY

The rising STAR of Texas



THE TEXAS STATE COUNSELING CENTER

College is an exciting time, but it also can be demanding. Students may experience a variety of personal and adjustment issues that require assistance beyond what friends and family can provide. The Counseling Center offers online mental health resources as well as free and confidential professional counseling to currently enrolled Texas State students while classes are in session.

From empathic support and genuine feedback for a difficult situation to self-management skills, relationship improvement or help with new or long-standing problems, the Counseling Center can help. Services include individual, group and some couples counseling; crisis and consultation services; and workshops about coping with stress and other mental health topics.

Online Resources

The Counseling Center website, counseling.txstate.edu, offers a wide range of resources:

- » Self-help links
 - ▷ stress apps for smartphones
 - ▷ mental health brochures
- » Social media
 - ▷ Facebook
 - ▷ Twitter
 - ▷ YouTube
 - ▷ Pinterest
- » Suicide prevention training, called "At Risk Training"
 - ▷ offers self-paced study
 - ▷ helps you know how to support friends in distress
- » Workshop sign-up

Mental Health Educational Workshops and Events

The Counseling Center is dedicated to helping students develop personal skills that can contribute to college success. Workshops are free and scheduled throughout each semester. Areas of focus include:

- » stress management
- » healthy relationships
- » improving focus
- » mood management
- » mindfulness

Individual Counseling

Meet individually with a counselor to discuss a variety of concerns including:

- » personal feelings
- » relationships
- » coping with stress
- » anxiety
- » negative thoughts
- » depression
- » family problems
- » motivation and concentration problems

Counseling Center services are designed to focus on short-term objectives. If a situation requires counseling beyond the scope of the Counseling Center mission, students are sometimes referred to an outside agency such as a private therapist or support agency.

Group Counseling

Working on issues within a group setting can be a highly supportive and productive way to address personal concerns. Students who share common concerns meet as a group with one or more counselors to explore a specific topic and develop coping skills. Group topics offered in the past have included:

- » adult children of dysfunctional families
- » sexual assault survivors
- » self-esteem
- » anxiety
- » grief and loss
- » art therapy

Other Services

The Counseling Center also offers services such as:

- » consultation with concerned faculty, staff, friends and family
- » career counseling as an adjunct to individual counseling
- » limited couples/marriage counseling
- » limited psychological assessment as part of counseling to assist in the therapeutic process
- » referrals to Student Health Center psychiatrists or physicians for medication evaluation

