

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 APPOINTMENT

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

San Marcos location and hours

LBJ Student Center, Room 5-4.1
8 a.m. – 5 p.m., Monday – Friday

Round Rock location

Nursing Building, Room 116
1555 University Blvd.

Check our website for current hours.

ONLINE RESOURCES

Website

counseling.txstate.edu



facebook.com/txstCC



[@txstCC](https://twitter.com/txstCC)



youtube.com/c/TxStCounselingCenter



[@txstCC](https://instagram.com/txstCC)



pinterest.com/txstCC

TEXAS STATE
COUNSELING CENTER

601 University Drive
5-4.1 LBJ Student Center
San Marcos, TX 78666

512.245.2208 | counselingcenter@txstate.edu

SERVICES



COUNSELING CENTER

TEXAS
STATE
UNIVERSITY

The rising STAR of Texas



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 goals on a biweekly basis. If a situation requires counseling beyond the scope of the Counseling Center mission, referral to an outside agency such as a private therapist or support agency may be facilitated by the center.

Individual counseling is also available on a limited basis at the Round Rock Campus. Services include brief individual counseling, crisis and consultation response and workshops about coping with stress and other mental health topics. See website for current hours of operation.

GROUP COUNSELING

Working on goals 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 and many more

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 healthcare providers for medication evaluation

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.

Services include short-term individual, group and some couples counseling; crisis and consultation services; and workshops about coping with stress and other mental health topics.

Some common concerns addressed include stress/anxiety, low self-esteem, relationship challenges, depression, academic performance and substance use.

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
 - Instagram
- Workshop sign-up
- Online, self-paced simulation training, called “At-Risk Training,” to help:
 - recognize signs of psychological distress
 - manage a conversation to connect someone with appropriate support

