Student Counseling Service

Graduate Student Orientation
Student Counseling Services (SCS)

Located at Student Services @ White Creek
TAMU Bus Route 3

http://scs.tamu.edu/whitecreek
SCS Staff

- Licensed Professional Counselors
- Psychologists
- Social Workers
- Testing Specialists
- Case Referral Coordinator
- Psychology Interns
- Practicum Counselors
- Counseling & Development Specialists
- Psychiatrist
- Psychiatric-Mental Health Nurse Practitioner
About SCS

• Funded by student fees
• Available to current students
• Confidential (within limits of law)
• Evaluation is the first step
• Self-help options
• Short-term counseling
• Referral to community services for long-term issues
• Limited psychiatric services
• Multilingual (Spanish, Mandarin Chinese, & Taiwanese)
• Information and Registration: http://scs.tamu.edu
• Office Hours: 8am-5pm, some evenings
SCS Direct Services

- Individual, couple, and group counseling
- Therapy Assisted Online (TAO)
- ADHD and learning disability screening
- Alcohol and drug abuse assessment and treatment
- Psychiatric services (by referral only)
- Workshops
- Crisis counseling
- Career testing and counseling
- Biofeedback
- HelpLine (979) 845-2700
SCS Support Services

- Campus Connect training for suicide prevention
- Stress reduction and biofeedback center
- Tell Somebody: [http://tellsomebody.tamu.edu](http://tellsomebody.tamu.edu)
- Community referral assistance
- Sexual assault resources
- Outreach presentations
- De-Stress Fest
Biofeedback

• What is it?
  – Self-regulation skills for stress and anxiety
  – Improves awareness of biological responses
  – Self-paced practice

• What does it do?
  – Reduces stress
  – Improves symptom control

• How do I access this?
  – Self-referral
  – Individual appointments
Therapist Assisted Online (TAO)

- Program
  - Modules on anxiety, depression, and other mental health issues
  - Short segments
  - Opportunities to practice skills
- Advantages
  - No travel—work from wherever you are
  - Adapts to your schedule
  - Continue during semester breaks (only if in Texas)
- Process
  - Schedule an initial in-person appointment at SCS
  - Request screening for TAO (some exclusions apply)
  - Complete educational modules by computer
  - Meet for a brief videoconference with a therapist
- http://scs.tamu.edu/TAO
Workshops

- Getting Unstuck
- Anxiety Toolbox
- Career Assessment
- Alcohol and Other Drugs

- Students may self-refer
- No screening appointment is needed
- Usually 3 weeks
- Get current information on web site
- Workshops offerings may change
Group Counseling

- Understanding Self and Others
- Embracing Your Self-Worth
- Managing Anxiety
- International Students
- Women of Color
- Mature Aggie Women
- LGBTQ
- Thesis/Dissertation Support
- Drop-In

- Screening appointment required
- Both process & support groups
- Members commit to confidentiality
- Groups may change each semester
Individual & Couple Counseling

- Relationships (romantic, peers, parents)
- Couples (partners, romantic, roommates)
- Academic difficulties or probation
- Homesickness, loneliness, isolation, not fitting in
- Gender identity, sexual orientation, LGBT issues
- Depression and anxiety
- Suicidal thoughts or hallucinations
- Grief and loss
- Drug and alcohol issues
- Self-injury
- Eating disorders
- Career options
- Stress management

- Initial screening required
- Short-term problems
- Referrals to community providers for long-term issues
- Couples counseling only if both are students
Outcomes

- Stress reduction skills
- Health promotion skills
- Problem solving skills
- Relational skills
- Strategies for behavioral changes
- Solution-focused strategies
- Assessment and referral for mental health crises
Access SCS Services

- **Online:** [http://scs.tamu.edu](http://scs.tamu.edu)
- **In person:** SCS Registration
  - Modular Building 3 at White Creek
  - Weekdays 8 am – 5 pm

**If it’s a crisis, let someone know!**
- Life-threatening or life-altering situations or severe distress
- Can’t wait 2-3 days
- **Crisis counselors available**
  Weekdays 9 am – 4 pm
Register Online

Student Counseling Service at White Creek

Student Counseling Service is located at Student Services @ White Creek. You can quickly and easily reach us using on-campus Bus Route G3 (“Yell Practice.”)

We are located with other student services in a group of modular buildings across West Campus Boulevard from the White Creek Apartments.

If you are interested in counseling, psychiatric, crisis, or any other of our services, please come see us. We are here and ready to assist the students of Texas A&M University.

BEFORE ATTEMPTING TO REGISTER FOR SERVICES, PLEASE NOTE: If you are not taking TAMU classes during the current semester (Summer Session II), you are not eligible for services at the SCS. You will become eligible to use SCS services when you are again taking classes. In the meantime, if you are interested in local referrals, please contact us at bsc@tamu.edu. We will help you connect with a provider in the community.

Read more

Want to talk to a counselor?

We talk with students in crisis, urgent, and routine situations. The best method for connecting with a counselor depends on your situation.

Read more

Students currently enrolled for summer semester at Texas A&M University who have paid the University Advancement Fee are eligible for an initial consultation appointment. There is no additional charge for services, and there is a $25 fee for no-show/tardiness cancellation.

Register for Services
HelpLine

• Weekdays 4 pm – 8 am
• Weekends 24/7
• (979) 845-2700
• V/TTY
• On the back of TAMU ID cards
Report: “Tell Somebody”

• For troubled or at-risk faculty, staff, and students
• Special Situations Team
• Online: [http://tellsomebody.tamu.edu/](http://tellsomebody.tamu.edu/)
• E-Mail: specialsituationsteam@tamu.edu
• Not for emergencies. For emergencies, call 9-911 (campus phones) or 911.
In an Emergency

If you find someone who . . .

• Is unconscious
• Has attempted suicide
• Has overdosed on medications, alcohol, or illicit drugs
• Appears to be hallucinating
• Expresses thoughts not grounded in reality
• Threatens to use a weapon on themselves and has it available
• Threatens to harm or kill someone else

Call 9-911 on campus phones
Remember: SCS is Here to Help!

- Call: (979) 845-4427
- Register for appointment: http://scs.tamu.edu
- Report to “Tell Somebody”: http://tellsomebody.tamu.edu
- HelpLine: (979) 845-2700
Presenter

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