STUDENT COUNSELING SERVICE

New Graduate Student Orientation
STUDENT COUNSELING SERVICE (SCS) @ WHITE CREEK
BUS ROUTE #3 YELL PRACTICE
SCS STAFF

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

• Workshops, groups, and individual counseling
• ADHD and learning disability screening
• Alcohol and drug abuse assessment and treatment
• Psychiatric services (by referral only)
• Crisis Intervention
• Career testing and counseling
• Helpline (979) 845-2700
SCS SUPPORT SERVICES

- QPR Gatekeeper Training
- Community referral assistance
- Sexual assault resources
- Outreach presentations
- Consultation
GROUP COUNSELING

• Worthiness/ self-worth
• Understanding self and others
• Managing anxiety
• International students
• How do I adult?
• Women of color
• LGBTQ+
• Thesis/dissertation support
• * Groups may change each semester
INDIVIDUAL AND COUPLES COUNSELING

- Relationships (romantic, peers, parents, and roommates)
- Academic difficulties
- Homesickness, loneliness, isolation, not fitting in
- Eating concerns
- Stress management
- Depression and anxiety
- Grief and loss
- Self-injury
- Suicidal thoughts
- Career options
• Use your Texas A&M email address to get a Premium subscription to Pacifica for free.

• Pacifica is a mobile app designed to help students improve their mental wellbeing.

• Download it now to start building healthy habits
• Weekdays 4pm-8am
• Weekends 24/7
• (979) 845-2700
• On student ID
ACCESSING THE SCS

Student Counseling Service
Student Services @ White Creek
757 West Campus Blvd.
Bus Route 3
scs.tamu.edu
979-845-4427

Follow us on Social Media @TAMUSCS