Student Counseling Services (SCS)
Located at Student Services @ White Creek
Bus route 3
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 SCS

• Funded by student fees
• Available to current students
• Confidential (within limits of law)
• Evaluation is the first step
  – Referral to workshops, groups or counseling
• Short-term counseling or referral to the community
• Limited psychiatric services by referral of counselor
• Information and Registration: http://scs.tamu.edu
• Office Hours: 8am-5pm, some evenings
SCS Direct Services

• Workshops and Groups based on common concerns
  – Anxiety, depression & relationships/support
• Individual & Couples counseling
• ADHD and learning disability screening
• Alcohol and drug abuse assessment
• Psychiatric services (by referral only)
• Career testing and counseling
• Crisis intervention
• HelpLine (979) 845-2700
SCS Support Services

- QPR Gatekeeper Training for suicide prevention
- Tell Somebody: http://tellsomebody.tamu.edu
- Community referral assistance
- Sexual assault resources
- Outreach presentations
- Consultation
Group Counseling

- Worthiness/Self-Worth
- Understanding Self/Others
- Managing Anxiety
- International Students
- Returning Veterans
- Women of Color
- LGBTQ+
- Mature Aggie Women Support
- Thesis/Dissertation Support
- *Groups may change each semester*
Individual & Couple 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
Pacifica is a mobile app designed to help students improve their mental wellbeing.

- Start to build healthy habits now!
- Use your Texas A&M email address to get a Premium subscription to Pacifica for free.
Access SCS Services

• Online: http://scs.tamu.edu

• In person: SCS Registration
  – Modular Building 3 at White Creek
  – Weekdays 8am-5pm

• 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 10am-12pm and 1-4pm
HelpLine

• Weekdays 4pm – 8am
• Weekends 24/7
• (979) 845-2700
• On student ID
SAVE THE DATE: SEPT 19th

> Live Band
> Prizes and Giveaways
> Student Body President
> Community Resources
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