



ABOUT STUDENT COUNSELING CENTER . . .

In keeping with Mississippi Valley State University's mission, the Student Counseling Center provides assistance to students in clarifying and realizing educational, career, and personal goals.

The primary mission of the Student Counseling Center is to provide direct counseling and related services to students at the University.

Students are assisted in working through social, emotional and academic issues so that success can be attained at Mississippi Valley State University. The Student Counseling Center is funded 100 percent by Title III.

GUIDELINES FOR URGENT OR EMERGENCY SITUATIONS

- Call the Counseling Center at 662-254-3830 for a counselor.
- If you cannot reach the counseling center staff, please contact the MVSU Campus Police at 662-254-3478.

Please go to our Web site for more information:

www.MVSU.EDU

Mississippi Valley State University
14000 Hwy. 82 West – Box 7287
Itta Bena, MS 38941-1400

Individuals shown in photographs are for representational purposes only.



How Are You Doing?

Check the following statements that apply to you.

- I'm having difficulty adjusting to life at MVSU
- I experience feelings of anxiety or depression that interfere with my doing my best.
- Feeling tired, fatigued, like everything takes a lot of effort
- I sometimes wish I were dead (having suicidal thoughts)
- I would benefit from better time management.
- I sometimes feel stressed or overwhelmed with school, personal, or work life.
- I have recently had problems communicating with a roommate, family member, or someone else close to me.
- I am unsure of my choice of major or career, or both.
- Use of alcohol or drugs is causing personal and/or academic problems for me
- A relationship breakup has really disrupted my life
- I'm having difficulty coping with the death of someone significant

If you checked any of the above, it might be useful for you to talk with a counselor. Counseling can help you identify a problem area that you would like to work on, set goals, and examine your options.



STUDENT COUNSELING CENTER

LOCATED IN THE STUDENT HEALTH CENTER

MONDAY – FRIDAY
8 A.M. - 5 P.M.
662-254-3830

Mississippi Valley State University

COUNSELING

COUNSELING CENTER SERVICES

Everyone needs someone to talk with at times. Counseling is a growth process through which students are helped to define goals, make decisions, and solve problems related to personal, social, academic, and career concerns. The counseling staff's primary goal is to alleviate distress and promote healthy functioning by providing short-term counseling services designed to help students resolve personal and educational concerns which may include:

- Adjusting to a new environment
- Relationships with family, friends, romantic partner, or roommate
- Feeling stressed or anxious
- Anger and interpersonal conflicts
- Depression, loneliness, shyness
- Grief and loss
- Self-esteem and self-confidence
- Sexual issues
- Sexual orientation
- Alcohol and drug related problems
- Personal crises
- Difficulties with study skills
- Time Management
- Motivation
- Choices about majors and careers
- Communication with instructors

CONFIDENTIALITY

Counseling often deals with very personal and private issues. No information regarding your visit(s) will be divulged to any person(s) or agencies, parents, or faculty, without your written permission specifying what may be disclosed; nor will any record of your visit(s) exist within your official academic transcripts or medical records. The exceptions to confidentiality are:

- When the student poses a threat of serious harm to self or others,
- when there is reasonable suspicion of abuse of a child or elderly person, or
- when there is a court order.

SERVICES OFFERED

Individual Counseling gives you a chance to talk one-on-one with an objective person about what's on your mind. A counselor can help you learn new skills and ways of looking at situations so that you will be more capable of solving new problems on your own in the future.

Group Counseling offers an opportunity for students to meet others who may have similar experiences, and pursue growth in themselves, their attitudes, and/or their behaviors and learn new skills to facilitate change in a safe, supportive environment.

Crisis Intervention is provided by the Counseling staff to assist students in emergencies. After hours, the campus police should be contacted at 662-254-3478.

Referrals of students to an outside agency are made when deemed necessary. Each student's individual needs are considered in making referrals to sources of help outside the Counseling Center. Information is available about a variety of services and resources on campus and in the community.

ELIGIBILITY/COST

The Student Counseling Center provides services FREE OF CHARGE to all students enrolled at MVSU.



OTHER COUNSELING CENTER PROGRAMS

WORKSHOPS AND SUPPORT GROUPS

Each semester the Counseling Center sponsors a series of workshops designed to help students adjust to the academic, social, and psychological demands of campus life. Counselors also lead support groups, which are longer term and focus on a broad range of personal issues.

OUTREACH PROGRAMS

Counselors are available to conduct workshops and provide information on various topics to classes and organizations. Topics may include Counseling Center services, time management, coping with stress, healthy relationships and conflict resolution. National mental health screening days in the fall and spring educate and screen students for depression, eating disorders, alcohol abuse, and anxiety.

PEER PROGRAMS:

Involve student volunteers who extend Counseling Center outreach to the student body. Student volunteers are selected and trained to participate as peer counselors and peer educators

CENTER SERVICES