

**TO SCHEDULE  
AN  
APPOINTMENT:**

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**Call (254)  
968-9044**

**OR**

**Visit us in the  
Wellness Center**

**Located on the bottom  
floor of Traditions  
North.**

## **MISSION STATEMENT**

Tarleton Student Counseling Services (SCS) strives for excellence in providing quality clinical, developmental, and preventative services within an inclusive and supportive learning environment. We offer confidential counseling, clinical assessment and referrals, crisis management, psychiatric services, academic skills counseling, and psychoeducational programming for a diverse student population. We provide consultation services to the Tarleton community and are educators and advocates that promote health and wellness



## **LET'S TALK**

24 hour number 254-968-9044  
Located on bottom floor of  
Traditions North  
[tarleton.edu/counseling](http://tarleton.edu/counseling)

You have already paid for our services, why  
not use them?

## **STUDENT COUNSELING SERVICES**



*Division of*  
**Student Affairs**  
TARLETON STATE UNIVERSITY

## Consultation

- Sometimes it is difficult to know how to help someone
- We offer free consultation services for those who are concerned about their friends, co-workers, family, or loved ones.
- We can help you learn how to best help them

## Individual Counseling

- Available for Tarleton Students who are seeking assistance with ongoing or situational psychological or behavioral concerns
- Our services are helpful for those struggling with depression, anxiety, stress, relationship, developmental, or education concerns, trauma recovery, or suicidal thoughts
- Services can be scheduled at the clients' preference

## REFERRALS

The SCS has collaborative partnerships with:

### Division of Student Affairs

- Dean of Students Administrative Office
- Campus Life
- Student Involvement, Spirit, and Traditions
- University Police
- Campus Rec
- Health Services

### Division of Academic Affairs

- Academic Administration and Associate Provost
- Curriculum, Assessment and Faculty Affairs
- Research and Dean of College of Graduate Studies
- Outreach and Off-Campus Programs
- Student Success and Multicultural Initiatives
- Enrollment Management
- Academic Deans of Colleges

### Off-Campus

- Cross Timbers Family Services
- Pecan Valley Centers

## Academic Training Lab

- We offer a training lab for trainees to practice ethical behavior.
- Our trainees help serve the large number of clients we see, and are expected to follow the guidelines of all other Tarleton employees.

## Couples Counseling

- To qualify one member of the couple must be enrolled as a student
- We provide marital, premarital, divorce, sexual adjustment, alternative life-style counseling, and counseling of friendships
- Couples intake session can be scheduled for up to 90 minutes if necessary

## Programs

- Care Team
- Unwind
- Green Dot Training
- Survivor Advocacy
- Orientation
- Duck Camp
- T-week
- P3
- DRIVEN
- Mental Health First Aid
- Random Acts of Kindness Week
- Mental Health Week
- Alcohol and Other Drugs Prevention

## Group Counseling

- We ask that you meet with one of the facilitators to see if the group is a good fit for you
- Groups meet weekly with 1-2 facilitators
- Interpersonal therapy groups and psychoeducational groups are offered in fall and spring semesters
- There is no fee to participate in groups
- Check our website for the offered therapy groups