COUNSELING SERVICES

Counseling Services promotes self-awareness and skill development to support individual success and well-being. Counseling offers a variety of services to the Missouri S&T campus community including individual, group, and crisis counseling; consultation; care coordination; presentations and programming on many topics; the StressLess room; the Van Matre resource center of self-help materials; and the Faculty/Staff Assistance Program (FSAP).

Mental Health counseling is provided through a solution-focused brief treatment model to Missouri S&T students and benefit-eligible employees. Services, provided by licensed counselors and psychologists, are free and confidential within ethical and legal limitations. Concerns commonly addressed include self-improvement, adjusting to change, coping with stress, motivation and self-management, interpersonal and relationship issues, depression and anxiety, and career development.

Group counseling is an effective, interactive, supportive, interpersonal form of therapy. Counseling Services offers many groups based on campus need and interest. Some current and past groups are Building Social Confidence, Miners for Recovery, Test Anxiety, Men’s Action Therapy, and issue-focused support groups such as ADD/ADHD, autism, etc.

Counseling Services actively promotes student learning, persistence, professional development, and graduation through its outreach programming services on topics such as mental health, mindfulness, resiliency, teamwork, stress management, conflict resolution, and time management.

The Van Matre Resource Center, a self-help library, contains a wide range of materials. Topics range from communication skills to parenting, career exploration to dealing with depression, anxiety, and abuse. Materials are available for checkout.

Faculty/Staff Assistance Program (FSAP)

FSAP provides a variety of services for benefit eligible faculty and staff such as counseling, consultation, and programming.

Contact Information
Care Coordination
Counseling Services
202 Norwood Hall
Phone: 573-341-4211
Fax: 573-341-6179
E-mail: cc@mst.edu
Web: http://carecoordination.mst.edu

Care Coordination supports students throughout their Missouri S&T experiences to achieve academic, personal, and professional goals. Care Coordination helps students address challenges by identifying immediate needs, providing appropriate resources, and collaborating to develop an action plan. Care Coordination empowers students to take action and advocate for themselves.

Care Coordination services include:

• Problem solving
• Exploration and referrals related to mental or physical health concerns and significant life events

The Care Coordinator works discretely with others to facilitate communication and provide support, while respecting privacy and sharing information only as needed to ensure student well-being. Students are informed of confidential resources available to them.

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