

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 are confidential within ethical and legal limitations and provided by licensed counselors and psychologists at no additional charge. 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, Cognitive Behavioral Therapy, and issue-focused support groups such as ADD/ADHD, Graduate Student Support, Autism Spectrum Disorder, 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

Counseling Services

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