



## Services

College can be an exciting time full of new opportunities and growth. However, this time may not always be easy and our staff is available to help. Licensed psychologists and other mental health providers offer therapy at no cost to help you work with issues such as:

- relationships
- stress
- self-esteem
- grief and loss
- sexual
- identity
- eating disorders
- substance use
- anxiety
- sexual assault or sexual abuse
- depression
- family issues
- body image

*All services are confidential*

As required by legal and ethical standards, anything you share with a therapist is confidential and cannot be shared with anyone outside the Center without your consent. The exception to this is if we believe there is an imminent threat of serious harm to you or another person.

### **Individual Therapy:**

This is an opportunity to work one-on-one with a therapist to explore personal issues. Sessions are usually once a week and last 50 minutes. Enrolled students can have up to 12 sessions per year.

### **Couples Therapy:**

This format can help partners address relationship concerns together. Typical issues include family, communication, conflict, finances and sex.

### **Group Therapy:**

Many issues can most effectively be addressed in a group format which allows clients to interact with other individuals working on similar problems. Groups generally meet weekly for 1.5 hours.

### **Programming:**

We provide programs and workshops on mental health topics to all university organizations and groups.

### **Consultation:**

We provide consultation regarding mental health concerns to MU students, faculty and staff .

### **Testing Services:**

We administer a range of tests for graduate admissions, certification and placement. We also administer and interpret personality, career, and ability tests for Counseling Center clients.

## What to Expect

We provide a safe, collaborative environment where you can consider your current situation in the context of your personal history and life experiences. Through therapy, you can come to see yourself, your relationships and the world in a different way.

In addition to the work done in sessions, you may be encouraged to do work outside of sessions like trying out new behaviors or reading books or articles to increase understanding or coping skills.

It is our commitment to welcome, with respect and sensitivity, all individuals in the MU community. We recognize factors such as race, ethnicity, range of ability, age, gender, sexual orientation, religion, SES, and other unique issues are salient in students' lives. We believe these issues are an important part of understanding and helping others.

*“My counselor helped me deal with my issues and responded with sincerity and a caring attitude.”*



## How do I start?

- Call us at (573) 882-6601 or stop by 119 Parker Hall to schedule an initial assessment appointment.
- This initial appointment usually lasts about an hour and a half.
- First you will be asked to complete some paperwork. Then, you and a therapist will discuss your current concerns as well as relevant background information. The therapist will make counseling recommendations, answer questions and explain the next step in receiving services.
- Individual and couples therapy are available for up to 12 sessions per academic year. Group therapy does not have a session limit.

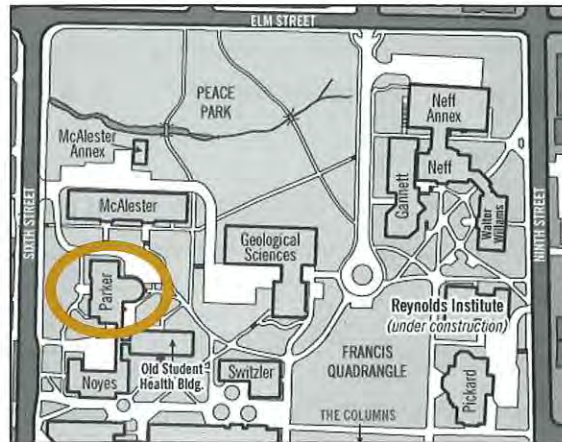
## What if I am in crisis?

- In the event of an emergency, we have therapists available to help you M-F, 8-5. You may call us at 882-6601 or stop by.
- A therapist will assess the situation and determine the best way to help you.
- If you believe you are in urgent need of services after hours, call the Mid-Missouri Crisis Hotline:(800) 395-2132 or go to the emergency room of the nearest hospital.

## Where are you located?



We are at 119 Parker Hall on Sixth Street, between Elm and Stewart.



You may also visit our website for more information

<http://counseling.missouri.edu>



# COUNSELING CENTER

STUDENT SERVICES



UNIVERSITY OF MISSOURI

119 PARKER HALL

SOUTH 6TH STREET

(573) 882-6601

MONDAY THROUGH FRIDAY

8:00 - 5:00

