SERVICES: The Counseling Center provides a variety of free confidential counseling services to CMU students dealing with various issues and concerns that may negatively impact academic success, interpersonal relationships, health, or safety. Services include: short-term/time limited individual counseling, group counseling, consultation and referral for (1) dealing with personal issues such as an urgent situation or crisis, safety, anxiety, depression, loneliness, transition to college, identity, alcohol/drug abuse, eating concerns, stress management, relationship concerns, couples concerns, family stress, loss, relapse prevention, sexual orientation, strengthening coping skills, and personal growth and development; (2) improving academic success by reducing stress and focused anxiety (e.g., test, math, speech), and learning time management skills; and (3) assisting primary and secondary survivors of sexual assault, domestic and intimate partner violence, stalking, and harassment. Services are provided on the Mount Pleasant campus.

CLIENTELE: Counseling Services are available to currently enrolled full or part-time CMU students.

APPOINTMENTS: Appointments may be made by calling 989-774-3381 or stopping by the Counseling Center, 102 Foust Hall. Please let our receptionist know if you need to be seen immediately.

FEES: Services are free for currently enrolled CMU students.

HOURS: Fall and Spring semesters: 8 a.m. to 5 p.m. Monday-Friday.
Summer sessions and other times when CMU is open: 8 a.m. to noon and 1 to 5 p.m., Monday-Friday.

OTHER SERVICES:
Referral assistance for students, parents, faculty and staff
Referral to appropriate off-campus agencies and other CMU services and resources
Consultation with students, parents, faculty, and staff
Group counseling services and workshops
Mental health screening
Outreach programs (may be available upon request)
After hours’ emergency on-call during Fall and Spring semesters (call CMU Police at 989-774-3081 or 911)
Resource information on Counseling Center’s website (www.counsel.cmich.edu)

COUNSELORS:
Michelle Bigard, MSW, LMSW
Kristie Birchmeier, MA, LPC
Whitney Brooks, LLMSW, CADC
Cory Cole, MSW, LMSW
Melissa Hutchinson, MA, LPC, NCC
Atefeh Jenrow, MA, LPC, LLP, NCC
Chun-Fang Frank Kuo, PhD, LLP
Brooke Oliver-Hempenstall, MA, LPC
Ross Rapaport, PhD, LPC, NCC
Lisa Sheffert, MA, EdS, LPC
Megan Varner, MA, LLPC
Julie Wellman, MA, LLPC

COUNSELOR EDUCATION INTERN:
Brooke Bechtel, BS

SUPPORT STAFF:
Peggy Clerc, Executive Secretary
Anne Miller, BAA, Temporary Office Assistant
Shelby Herb, BSW, Graduate Student Office Assistant
Erin Clark, Student Office Assistant

RESIDENCE LIFE - COUNSELORS IN RESIDENCE:
East Student Success Center, Becky Wang, MA, LPC, CPS 989-774-1879
North Student Success Center, Courtney Roberts, MA, LPC 989-774-3947
South Student Success Center, Erica Redmond, MA, LPC 989-774-3089
Towers Student Success Center, Andrea Loberg, MSW, LMSW 989-774-6601

“CMU, an AA/EO institution, providing equal opportunity to all persons, including minorities, females, veterans, and individuals with disabilities (see http://www.cmich.edu/ocrie).” CMU provides individuals with disabilities reasonable accommodations to participate in university activities, programs and services. Individuals with disabilities requiring an accommodation in order to participate in counseling should contact the Counseling Center, 989-774-3381, email to counsel@cmich.edu, or stop by the Counseling Center at 102 Foust Hall. 8/3/2016