What is available?
In **individual counseling**, you talk with a licensed mental health professional who supports you in dealing with issues of your choice, such as an urgent situation, anxiety, depression, loneliness, adjustment to CMU or U.S. culture, communication, alcohol/drug problems, eating concerns, stress management, sexual orientation, relationship difficulties and/or family stress.

In **group counseling**, you and a small team of peers talk through tough issues like those mentioned above, under the guidance of a licensed mental health professional. This setting offers support, understanding and suggestions from other students.

Will it help?
Often talking with someone privately about our problems helps in figuring out what to do. You may find comfort in knowing that you are not alone, as all people have problems and need help sometimes. Some students receive psychological and psychiatric assistance while growing up; others experience their first challenges for which they need support while in college.

What is confidentiality?
Information you share in counseling is confidential. Your counselor cannot share your information with anyone except to consult with other licensed counselors. You must sign a consent form in order for a counselor to release your information to any other individuals, including your parents. Please note: if your conversation with a counselor indicates your life or others' lives are in danger, or if a court requests counseling records related to a crime, or child or vulnerable adult abuse is taking place, the counselor is required by law and professional ethics to release client records or take steps to protect those at risk of harm.
What is counseling?

When experiencing difficulties in school, work or life, college students often seek help from counselors who are licensed mental health professionals. When you talk with a counselor, he/she listens, asks questions and helps you understand your thoughts and feelings. The counselor provides feedback and works with you to develop a plan for addressing the challenges you are facing.

How do I know it’s safe?

Services provided by the licensed professionals in the Counseling Center are completely confidential. That means that your information is private, protected and stays between you and the counselor. (See confidentiality note on inside fold.)

The CMU Counseling Center provides sensitive, quality services to any and all students regardless of race, religion, culture, class, sexual orientation, gender identity or disability.

Why use counseling?

- If you feel sad, hopeless, stressed or lonely
- If you are anxious about grades or life
- If you have difficulty concentrating
- If you think about suicide or harming others
- If you often injure yourself or act recklessly
- If you use drugs or alcohol to excess
- If you are preoccupied with eating or weight
- If you need help solving problems

Counseling services

We provide time limited/short-term individual and group counseling, consultation or referral for dealing with a crisis, anxiety, depression, homesickness, loneliness, identity concerns, couples concerns, family stress, grief/loss, alcohol/drug problems, adjustment, relapse prevention, sexual orientation issues, and trouble coping.

We can help you improve your academic success by reducing stress and anxiety and learning time management skills.

We support survivors of sexual and domestic violence, stalking and harassment.

Fees: None for individual or group counseling. Some fees may occur if any testing is necessary.

Hours: 8 am – noon and 1 pm – 5 pm, Monday through Friday when Central Michigan University operations are open.

Appointments: Call 989.774.3381 or stop by the Counseling Center in 102 Foust Hall.

Counselors: Counseling Center counselors are licensed mental health professionals with training in counseling, psychology and social work as well as graduate student interns under the supervision of licensed professionals.

Same day urgent appointments are available when requested.

Our services are available to all Central Michigan University students, part- or full-time.

Listening Ear: A local 24-hour crisis line to work with cases that include depression, suicide, loneliness, sexual assault, grief and many others.

p: 989.772.2918 w: listeningear.com

Sexual Aggression Peer Advocates: SAPA, a CMU student-operated organization under the leadership of a nationally recognized faculty member, provides support for domestic and sexual violence survivors during the fall and spring semesters.

p: 989.774.CALL (2255) w: sapa.cmich.edu

Suicide Prevention Hotline: A national 24-hour, toll-free suicide prevention service – In cases of suicidal crisis.

p: 800.273.TALK (8255) w: Suicidepreventionlifeline.org

Women’s Aid Crisis Hotline: Provides services to male and female survivors of domestic violence, sexual assault and stalking.

p: 989.772.9168 w: womens-aid.org

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Foust Hall

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