Let’s Talk About Counseling Center Services for Fall Semester 2021

Over the summer the Counseling Center developed a plan to provide face-to-face interventions using a hybrid model that includes both secure telehealth (meetings via video) and in-person services. However, with the new mask mandate on campus we are planning to continue with telehealth as our primary modality for any face-to-face interventions. While we realize that many students would prefer to meet with a therapist in person, it is very difficult for us to do therapy with people who are wearing a mask because we can’t read their facial expressions. In-person therapy will still be available and may be offered in specific situations. Once the mask mandate ends, we plan to return to the hybrid model that allows students to choose in-person or teletherapy. Below is a list of some of the services provided by the Counseling Center.

Resource and Relaxation Room
Located in Lucina Hall 310-A, the Resource and Relaxation Room provides an opportunity for students to use massage chairs, light therapy, a coloring station and other services to help decrease stress and promote wellness. These resources are free of charge and do not require an appointment.

Online Self-Help Resources
Over the past few years, the Counseling Center has worked hard to develop self-help resources that can be accessed 24 hours per day. We have a variety of resources for self-help, career exploration and assessment. We also have a YouTube channel with a variety of videos on topics such as how therapy works, healthy coping, self-esteem, managing anxiety and dealing with mental health challenges related to COVID. Links to these services can be found on the Counseling Center website.

These resources include:
- WellTrack: This is a free, on-line, self-help tool. It can help you learn to manage stress, anxiety and depression. It has a brief assessment, mood tracker and modules to build skills. The link for this app can be found on the Counseling Center website or downloaded from https://bsu.welltrack.com, the App Store and Google Play. You will need a Ball State University email to register.
- Facebook, Instagram and Twitter: We post on these social media platforms so please follow us! You will find mental health life hacks, links to resources and motivational and inspirational quotes.
- Self-Care Challenge: This four-week email-based program will provide you with several activities to promote positive self-care, manage daily stressors, and build healthy coping skills.

Let’s Talk
This service provides easy access to a one-time, informal, confidential, and free conversation with a Counseling Center staff member. During this meeting, the therapist will offer support and help you problem solve your concerns. This is not treatment or therapy and does not replace traditional counseling.

Mental Health Treatment
Mental health treatment at the Counseling Center begins with a Personal Planning Appointment where a student meets with a therapist to discuss their needs. The therapist and the student will work together to identify resources that can be helpful to the student. These resources will be written up on the “My Action Plan” (MAP) and provided to the student to ensure they have access to the resources they need. Resources on the MAP may include Counseling Center services or other support available on campus such as the Learning Center or Academic Advising. Based on the student’s needs they may be connected to individual therapy or group therapy.

Resiliency Bootcamp
This option offers weekly individual sessions for students in either a 3- or 5-week format based on each individual student’s needs and concerns. Resiliency Bootcamp provides psychoeducation and skills to help students become more resilient, manage difficult emotions in times of distress, maintain positive interpersonal and improve communication skills within their relationships.

Psychiatry
To better meet the needs of students who require medication to treat their mental health concerns, the Health Center has a full-time psychiatrist and a psychiatric nurse practitioner. Any students who need psychiatric services can contact the Health Center directly (765-285-8431).

Urgent Services
The Counseling Center offers appointments for students who are experiencing an immediate mental health concern. Because services can be provided online, any students that need urgent mental health services do not have to come to the Counseling Center. Instead they should call the Counseling Center and we will arrange for a meeting with a therapist via secure video or telephone.

Learn more about the Counseling Center at: www.bsu.edu/counselingcenter.

If you have any questions about these services or would like to schedule an appointment, please call the Counseling Center at 765-285-1736.