The Counseling Center will continue to provide clinical and outreach services online through the remainder of the semester. The Counseling Center also provides a number of services through our online self-help resources.

**Online Self-Help Resources**

The Counseling Center offers a number of resources online that can provide support and help you cope during this difficult time. The resources include:

- Information on managing the stress of COVID-19
- WellTrack
- Written information on many common mental health concerns
- Online screening tools
- Video recordings of many of our outreach workshops are available on our website at any time

These resources are available to students 24 hours per day and can be accessed from anywhere. These online self-help resources can be accessed on our website [https://www.bsu.edu/campuslife/counselingcenter/outreach](https://www.bsu.edu/campuslife/counselingcenter/outreach).

**Clinical Services**

- Ball State students may request consultation services by calling the Counseling Center main line (765-285-1736). Students will be scheduled for a video or phone based consultation with a therapist.
- Calls will focus on addressing students’ immediate mental health needs, rather than addressing long-term ongoing problems.
- Psychiatric services will continue to be provided to students by telephone and prescriptions will be called in to a pharmacy near the student.
- Due to Indiana State Laws, clinical services can only be provided to students who live in Indiana.

**Outreach Programs**

While some outreach programs will need to be cancelled because they require face to face contact, most programs can continue to be offered through the web. Please watch the CommCenter for announcements of online programs.

**If you experience a mental health emergency, contact 911, your local police, or local hospital emergency room for support.**

**Ball State Counseling Center contact information:**

Phone: 765-285-1736  
Email: Counselctr@bsu.edu  
Website: [https://www.bsu.edu/CampusLife/CounselingCenter.aspx](https://www.bsu.edu/CampusLife/CounselingCenter.aspx)