

Greetings from the Counseling Center



Welcome to the BSU Counseling Center! We are committed to connecting you to the best possible resources, both on and off-campus. At your first appointment today, we will collaborate with you to discuss treatment options that are the best fit for you.

What To Expect At Your First Appointment:

You will be meeting with a therapist for approximately 30 minutes; however, today's meeting is not a therapy session. The purpose of this appointment is to understand your current experience and discuss your needs so that we can develop a plan together that will connect you to the most beneficial resources. During your appointment today, we will be asking questions about your current concerns as well as your safety. Because of the brief nature of this appointment, we will be focusing on your most urgent concerns. All services offered through the Counseling Center are confidential. Let us know if you have any questions about confidentiality.

What Treatment Options Are Available To You:

Resource & Relaxation Room: This drop-in space located in the Counseling Center is open during business hours. It provides students with access to massage chairs, light therapy, self-help materials, and a free condom shop.

WellTrack: A self-help app that can be accessed from your phone, tablet, or computer. It provides tools and tips to begin making positive life changes.

Seminars: These classes will take place across campus and will provide life hacks to help you build resilience while facing some of the difficult challenges of adjusting to college life.

Support Groups: Students who share unique experiences are brought together to provide a sense of connection, support, and acceptance.

Workshops: These groups provide students with the opportunity to learn and practice coping strategies to empower them to successfully persevere through stressful life events and experiences.

Therapy Groups: Weekly groups where students come together to discuss a number of different concerns (i.e. depression, anxiety, relationships, families, stress) and find support from others who share similar experiences.

Individual Therapy: Brief therapy is offered to tackle specific goals that will help students learn ways to feel more empowered and overcome life's challenges. Therapy may range from a single session to several sessions.

Medication: For certain concerns, medication can sometimes help. Both the Counseling Center and the Health Center can prescribe medication for students that need them. We can help with referrals at either location based upon your needs.

Community Referral: For students who need ongoing services beyond what we can provide, it is best to be linked up with a provider in the community. We can help link students to these services when needed.

Crisis Resources Available to You:

For emergencies, dial 911, contact the University Police Department at (765) 285-1111, or contact IU Health Ball Memorial Hospital at (765) 747-3111

Other crisis resources can be found on our website: <https://www.bsu.edu/campuslife/counselingcenter>