

STUDENT COUNSELING SERVICES

Texas A&M University—Texarkana's counseling mission is to create and sustain a healthy campus learning environment by providing mental health wellness services to students while encouraging them to reach their potential through self-discovery. Student Counseling Services operates from a holistic approach to student development. Through counseling, we aspire to help students reach their academic and personal goals and achieve as much success as possible while attending the university. The Student Counseling Office is located in the Central Plant.

Student Counseling Services include:

- Academic skills assistance
- Consultation and referral
- Crisis intervention
- Individual and group counseling, and
- Educational outreach.

We play an active role in advocating the concerns of students to the university community, and serve as a resource for faculty, staff, and parents.

Student Counseling Services fosters an atmosphere of mutual respect and understanding where everyone feels welcome. We are sensitive to the needs of ethnic and cultural minorities, LGBTQ, returning veterans, and non-traditional students. We collaborate with other campus departments and community agencies, utilize referral resources within the university and community, and serve as an integral part of campus mental health.

Personal counseling allows students to talk with an objective, caring professional about problems or concerns. It can help students make good decisions for their individual well-being, improve relationships, confidence and self-acceptance, increase self-awareness, and provide coping strategies.

Student Counseling Services provides individual and group counseling for undergraduate and graduate students. Common concerns in which a student may seek counseling are **academic skills assistance, anxiety, stress, sadness and depression, fear of failure, low self-esteem, relationship issues, substance abuse, suicidal thoughts, or coping with feelings of anger, guilt, grief, and loneliness**. Counseling is a highly individualized process in which you and your counselor will identify problems and work together to implement healthy thought strategies.

Counseling Services are for students currently enrolled in Texas A&M University—Texarkana. Services are made available through the use of student service fees; there is no additional charge for services. A student may set up an appointment with a counselor by visiting our office or by calling (903) 223-3186. Students may also email counseling.services@ace.tamut.edu; however, please note that email is not a confidential form of communication.

All counseling is confidential.