

**...“To provide a safe, supportive, trusting, and confidential environment which empowers students to develop the awareness, values, and skills they will need to meet future challenges and lead vital, meaningful lives.”**

The mission statement of the Counseling and Student Development Center describes the values of the CSDC, which is an endless resource for students during their time at JMU. Many students find that transitioning into a brand new environment is challenging and could often use a place to turn.

The CSDC sees students for a variety of issues including developmental issues, depression, anxiety, adjustment to college, eating disorders, substance abuse, and many others. Among the many resources that the Varner House has to offer, the counseling services give students the opportunity to work through their problems through active participation in individual or group counseling.

According to a December 27<sup>th</sup>, 2004 article in “Managed Care Weekly”, the “Spring 2004 results from the American College Health Association's National College Health Assessment (ACHA-NCHA) reveal 14.9% of students reported that they [have] been diagnosed with depression, out of a sample of 47,202 students at 74 campuses from across the country”. These startling results show that more students than ever may benefit from counseling.

According to the Counseling and Student Development Center, counseling can be extremely beneficial to students who want to work through their problems. However, it is important to approach counseling with a goal for your sessions, a willingness to participate, and a commitment to honesty. The CSDC’s website, <http://www.jmu.edu/counselingctr/GettingtheMostOutof.shtml>, lists additional ways of getting the most out of your counseling experience.

Counseling appointments are either made by either calling the Varner house (568-6552) or by visiting in person. Any full time student can receive individual counseling on a limited basis and part-time students can receive group services. If a student needs services beyond the scope of those offered by the CSDC, they can be referred to an outside professional.

In addition to issues of depression, students may be exposed to new situations that often can lead to bad decision making and to substance abuse. The CSDC is available for students to work through any substance use/abuse and offers services such as substance abuse screenings and assessments, individual counseling, and referrals if more intense treatment is necessary.

The CSDC also offers Outreach Programs, Anger Management and Interpersonal Skills Certificate Programs as well as a new service of on-line screenings for the following issues: Bipolar, Depression, Anxiety, alcohol, eating disorders and post traumatic stress disorder.

The CSDC holds confidentiality in the utmost seriousness and will never reveal when a student has used any services offered by CSDC. The center offers a plethora of services to the JMU campus and they are all free and confidential within the ethical guidelines for confidentiality.

For more information about the Varner House and all of its many services, please visit:

<http://www.jmu.edu/counselingctr/index.shtml>

Survey shows increase of depression in college students. (Dec 27, 2004) In *Managed Care Weekly*, p54. Retrieved September 12, 2005, from *InfoTrac OneFile* via Thomson Gale:

[http://find.galegroup.com/itx/infomark.do?&type=retrieve&tabID=T002&prodId=ITOF&docId=A126458955&source=gale&userGroupName=viva\\_jmu&version=1.0](http://find.galegroup.com/itx/infomark.do?&type=retrieve&tabID=T002&prodId=ITOF&docId=A126458955&source=gale&userGroupName=viva_jmu&version=1.0)