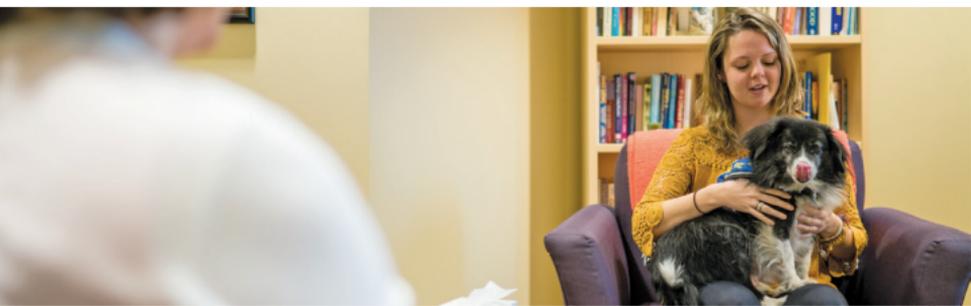


Counseling Center



About the Counseling Center

The Counseling Center is located on the third floor of the Student Success Center in the north area of campus and provides services for free to all full-time students currently enrolled at JMU. The Counseling Center is staffed by a group of experienced, licensed mental health professionals dedicated to the personal, social and academic development and well-being of JMU's students. A limited number of clinical services are also provided by trainees.

The center is open 8 a.m. – 5 p.m., Monday through Friday. Appointments can be made in person or over the phone. After-hours crisis services are also available.

Counseling Center services

- **Consultation:** In person or over the phone, the Counseling Center provides consultation to students, faculty, staff and others who are concerned about the unusual, problematic or potentially harmful behavior of others.
- **Crisis Intervention:** A 24/7 emergency counseling service is in place to help students experiencing a serious crisis. The on-call counselor can be reached by contacting the Office of Public Safety at (540) 568-6911.
- **Group Counseling:** Each semester, students are offered small group (six to eight students) experiences on issues related to their needs (e.g., depression, eating disorders, anxiety, grief, etc.). There is no limit to the number of group sessions available to a student.
- **Individual Counseling:** Individual counseling provides students with the opportunity to freely explore any personal problems or concerns which have a negative impact on the quality of their lives. The Counseling Center operates under a short-term treatment model under which the student and the counselor collaboratively identify and address the student's primary concerns within a limited number of sessions. Students who request or require longer-term treatment are referred to community resources.
- **New Student Support Program:** This outreach program is available to assist students who come to JMU with a history of mental health concerns. The program increases student and family awareness of the counseling and psychiatric services available on

campus and in the local community and helps students to secure the necessary assistance required to make a successful transition into JMU.

- **Peer Mentor Program:** This mentorship program assists multicultural first-year and transfer students in making a successful and effective transition to James Madison University.
- **Psychiatric Services:** The Counseling Center has a psychiatrist who prescribes medications that may be helpful to students dealing with psychological issues. Only students who are currently engaged in ongoing treatment at the Counseling Center are eligible to receive these services. The cost of any medication and/or necessary lab work is the financial responsibility of the student. Students who are exclusively interested in psychiatric services are provided an off-campus referral.
- **Sexual Trauma Empowerment Program (STEP):** The Counseling Center provides crisis, individual and group counseling to students who are survivors of sexual assault. Advocacy and support services include assistance with medical, judicial and legal referrals.
- **Specialized Treatment Programs:** “#tacklinganxiety” provides proven strategies to effectively reduce anxiety, worry, and panic symptoms. “You’ve Got This” helps students to develop realistic perspectives and effective skills for coping with the stress of both daily college life and challenging personal situations.
- **Wilderness Therapy Programs:** Offered in collaboration with the University Recreation Center (UREC), wilderness therapy trips are a unique platform to improve relational skills, build self-confidence and self-efficacy, and increase healthy coping skills.
- **Workshops:** Workshops on a wide variety of mental health topics may be requested by visiting our website.

Confidentiality

Counseling is confidential. The Counseling Center does not disclose information to anyone without written consent of the client, except as required by law. Even the fact that a student is being seen at the Counseling Center is considered confidential.

The Center is available for students to address concerns ranging from normal college problems to crisis intervention. The fact that so many students use the Counseling Center demonstrates just how common these issues can be.

For more information, contact:
Counseling Center
Student Success Center, Suite 3100
540-568-6552 ■ jmu.edu/counselingctr