

Counseling Center



About the Counseling Center

The Counseling Center (CC) provides free, voluntary and confidential services to undergraduate and graduate students at James Madison University. The CC is staffed by a multidisciplinary team of mental health professionals and clinicians-in-training.

The Center is located on the 3rd floor of the Student Success Center in Suite 3100. The CC is open 8 a.m. – 4:30 p.m., Monday through Friday. Walk-in hours for first visits are 10 a.m. – 3 p.m. Summer and academic break hours vary.

Counseling Center Services

- During a First Visit, students meet with a clinician to discuss treatment needs and receive resource recommendations.
- Workshops provide students easy access to information about skills, strategies, and resources available to assist with improving their mental health. They are one of the quickest ways to gain knowledge and reduce symptoms.
- Individual Counseling services are brief and goal-oriented. Most students meet with a clinician for 3-5 sessions and typically spend time exploring a specific concern or issue.
- Group Counseling is a great way to address a variety of issues and can be the most effective treatment for certain matters. Groups typically focus on a specific shared experience, identity or symptom. Group participation can increase connection, understanding and support.

Visit jmu.edu/counselingctr for more information about JMU Counseling Center services.

Counseling Center Services (continued)

- Psychiatric Services may be provided to students who are referred by a CC clinician. Only students who are currently engaged in ongoing counseling treatment at the CC are eligible. Students exclusively interested in psychiatric services are provided an off-campus referral.
- Consultation Services are available to students, faculty, staff and others who are concerned about unusual, problematic or potentially harmful behavior of a JMU students. Call or stop in to talk to a CC clinician about your concerns and to develop ideas for dealing effectively with the situation.
- Counseling Connections: 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.
- Self-Care Spaces: The CC also gives students free access to The Oasis, a relaxation space equipped with massage chairs and other resources to promote stress management, as well as The Studio, a space stocked with materials to explore the benefits of creativity and expressive arts.
- Sexual Trauma Empowerment Program: The Counseling Center provides crisis, individual and group counseling to students who are survivors of sexual assault. JMU's Victim Advocacy services are also available to provide support and offer resource information.
- Equine Assisted Psychotherapy: The Counseling Center uses the Eagala model to offer equine assisted psychotherapy. This unique offering is ground based, requiring no previous horse experience, and solution-oriented. Students will work with a team comprised of a mental health professional, an equine specialist and horses.
- Wilderness Therapy Programs: Offered in collaboration with the University Recreation Center, wilderness therapy trips provide a unique way to improve relational skills, build self-confidence and self-efficacy, and increase healthy coping skills.
- Mental Health Emergency Services (e.g., thoughts or plans to kill yourself, thoughts of seriously harming others, recent sexual assault) are available 24/7.
 - **During CC business hours:**
Visit the Counseling Center (SSC, 3rd floor, Suite 3100) to speak with a clinician.
 - **After regular business hours:**
Call the Counseling Center (540) 568-6552 and press "1" to connect to the after-hours crisis line.

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