



Mental Health Resources

Virtual Resources



There are many resources you can access online to support your well-being and mental health. We recommend integrating the resources available into your routine.

Your First Visit to the Counseling Center



To access services for the first time, a student should visit the Counseling Center during our walk-in hours, **Monday – Friday, 10:00 AM – 3:00 PM**. During this first appointment you will meet with a Clinician who will provide assistance in connecting you with resources.

Treatment Programs, Group, & Individual Counseling



The Counseling Center offers several 5-week specialized **treatment programs** to assist JMU students in reducing anxiety symptoms, increasing resiliency, and improving self-care. These programs include numerous evidence-based strategies and interventions. They are one of the quickest ways to reduce symptoms and access clinical services..



Group counseling is a great way to address a variety of issues, and for certain matters, it is the most effective. Counseling Center clinicians facilitate a small group of participants who meet weekly to discuss their concerns. Groups typically focus on a specific experience, identity, or symptom. We offer a number of groups each semester



Individual counseling services at the Counseling Center are typically brief, goal-oriented, and focused on a specific concern. Clients referred to individual counseling meet with their clinician for approximately 3-5 sessions, depending on treatment needs and availability.

24/7 Mental Health Emergency Support



JMU students experiencing a mental health emergency (e.g. suicidal or homicidal thoughts or actions, sexual assault or other significant trauma) can call, 540-568-6552 come into the Counseling Center to speak with a clinician. Visit the **Counseling Center, Mon - Friday, 8am-5pm**. **After regular business hours or on weekends:** call the Counseling Center at 540-568-6552 and select “Option 1” to connect to the after-hours crisis line.



JAMES MADISON UNIVERSITY
COUNSELING CENTER

SSC 3rd Floor, Suite 3100
540-568-6552
<https://www.jmu.edu/counselingctr/>