



MISSISSIPPI STATE UNIVERSITY™
STUDENT COUNSELING SERVICES



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Where Your Mental Health Matters



Our Mission

Student Counseling Services (SCS) exists to offer compassionate, student-first, evidence-based mental health services that heal, empower, educate, and build resilience within our clients and the communities we serve.

Our Staff

The clinical staff at SCS consist of licensed professional counselors, social workers, provisional licensed professionals and master-level graduate trainees. All clinical staff receive ongoing evidence-based training that assists with ensuring quality care for the students we serve.

Our Model

Student Counseling Services utilizes the Brief Solution-Focused Model to be able to reach as many students as possible.



Our Services

We provide our students with the following free services:

- Brief individual counseling (up to 6 sessions)
- Group and couples counseling
- Consultations
- Crisis Intervention
- Outreach Programming
- Embedded Services (various colleges and units)
- Training
- Referrals

Confidentiality

Our clinical staff has the legal and ethical responsibility of ensuring the privacy of students and their information. However, the following are limits to confidentiality and may warrant notifying other campus and external partners for assistance with additional resources:

- A threat to self and others
- Decline in well-being that impacts a student's overall academic journey
- Suspicion of abuse of a minor or vulnerable adult
- Court-order or subpoena from a judge

Frequently Asked Questions

How do I connect to a counselor?

Students are able to join our virtual waiting room by scanning the QR code below or visiting our website and clicking on Visit the Mississippi State Virtual Waiting Room.



How do I know if counseling is for me?

We encourage students to recognize changes in their behavior, emotions, and the way they think. Counseling assists students with learning coping strategies that target various stressors that cause changes in their behavior, emotions and thinking.

What do I do if I have a crisis after hours, on the weekend or during a holiday?

Uwill is a free service for all students that is available 24/7/365 for any mental-health related emergencies. If you are experience a crisis, you can call **833.646.1526** and be connected to a confidential, licensed counselor. Uwill also offers wellness resources that cover a wide range of topics and concerns. Visit **app.uwill.com** and register using your MSU email!



Get in Touch

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Website: counseling.msstate.edu

Address: 115C Hathorn Hall (Entrance to the left of the residence hall)
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