



**The University of
Southern Mississippi**

USM Student Counseling Services

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Student Counseling Services

Outreach Programming

The SCS offers outreach activities that include prevention, education, and training for the campus of Southern miss. In addition, SCS outreach program provides information distribution and program sponsorship opportunities as well as crisis response and debriefing services on campus. In addition to the following topics, SCS is glad to design outreach activities that fit your needs on the campus.

Faculty, staff, and students always have access to trained staff for consultation and referral needs. During regular business hours, please call 601.266.4829. After hours emergency contact for these services is: 601.818.6352.

Title	Description
*Addictive Behavior	<i>How addictive behavior affects college students</i>
*Anger Management	<i>Managing anger in high stress situations</i>
*College Love Relationships	<i>How to maintain healthy romantic relationships</i>
Conflict Resolution	<i>How to handle conflict with others</i>
*Creating Balance in Your College Experience	<i>Using balance to improve your social and academic experiences</i>
Dealing with Depression	<i>Characteristics and interventions</i>
Eating Disorders	<i>Characteristics and prevention information</i>
*Healthy Communication	<i>How to talk to others and assert your needs</i>
*Healthy Relationships	<i>How to maintain healthy relationships with others</i>
*Making Connections	<i>Ideas for Developing Lasting Friendships</i>
*Mental Health Issues of College Athletes	<i>Characteristics, prevention and intervention</i>
Nurses-in-Training: De-Stress	<i>Proactive model for coping with specific tips relevant to persons training to be nurses</i>

*Personality Disorders	<i>How personality traits can interrupt relationships</i>
Personality Disorders: A Brief Review	<i>Designed for training police or police candidates</i>
Progressive and Cue-controlled Relaxation	<i>Brief discussion of symptoms of stress, coping tips, and guided practice of two to three relaxation skills.</i>
*Psychiatric Management of Depressive Disorders	<i>Biological, psychological, and social implications of depression</i>
*Residence Life Training in Mental Health Issues	<i>Description, trends, prevention, and intervention</i>
*Self-Harm	<i>Characteristics, prevention, and interventions</i>
Southern Miss Allies Program	<i>Training program that focuses on equal, respectful treatment for persons with different sexual orientations</i>
*Student Mental Health Overview	<i>Characteristics and trends</i>
*Suicide Prevention: What Students Can Do	<i>Characteristics, prevention and intervention</i>
Suicide Prevention: A Guide for Faculty and Staff	<i>Characteristics, prevention, and intervention</i>
Suicide Prevention: Gatekeepers Training	<i>Relate, respond and refer: a protocol for handling suicidal students</i>
Study Skills and Anxiety Coping	<i>Learning and study habits, in and out of the classroom, and introduction to the Cornell method of note taking.</i>
*Suicide Postvention	<i>Designed to help staff consider potential issues that may arise after a suicide and helpful ways of responding.</i>
Test Anxiety	<i>Prevention and Intervention</i>
Student Counseling Services	<i>Description of services</i>
*University Student Mental Health	<i>Provide education to facilitate recognition and referral of students with mental health issues</i>

In addition, the SCS will create and present specific topics of interest as requested by the campus population.

Indicates powerpoint presentations available.

Listings without * are in process of being converted to powerpoint format.