

Resources for Students: Improving Well-Being

Community Counseling and Assessment Clinic



www.usm.edu/counseling-psychology-clinic
601-266-4601

Price: \$5/session for students; sliding scale for community clients

The Community Counseling and Assessment Clinic provides counseling and psychological assessment services to students, staff, faculty, and community adults. They focus on issues related to coping, adjustment (e.g., to college life), academic success, and major or career choices. They also provide services related to anxiety, depression, homesickness, grief and loss, relationship issues, adult Attention-Deficit/Hyperactivity Disorder (ADHD), and other common challenges. The Clinic is home to the BASICS program, which assists college students in preventing the negative consequences often associated with alcohol use. Visit www.usm.edu/counseling-psychology-clinic/brief-alcohol-screening-and-intervention-college-students

Psychology Clinic



www.usm.edu/psychology-clinic
601-266-4588

Price: sliding scale based on income with discounts for students for assessment services

The Psychology Clinic focuses significant time on helping people deal with anxiety, depression, and stress, but they also work with people facing other challenges. The Psychology Clinic screens contacts for various needs and refers them to appropriate providers as needed. Note that the Psychology Clinic is also initiating an “Organizational Skills Training” (OST) program to provide selected students with skill development and support for academic success. (Contact: Stephanie Smith, SD.Smith@usm.edu)

Student Counseling Services



www.usm.edu/student-counseling-services
601-266-4829

Contact: Deena Crawford at deena.crawford@usm.edu

Price: Free

Student Counseling Services sees students for counseling and provides assistance to walk-ins and students in crisis. Student Counseling Services provides care to students with a wide range of concerns, particularly those related to the development of strong coping skills and issues that interfere with academic achievement.

Student Health Services



www.usm.edu/student-health-services
601-266-5390

Price: Varies by service; \$20 provider fee

Student Health Services provides medical care for the university community, including preventative care, treatment for illnesses, and common mental health challenges faced by students, such as stress, depression, anxiety, eating disorders, and problems with alcohol or drugs.

University Clinic for Family Therapy



www.usm.edu/family-studies-child-development/university-clinic-family-therapy
Contact: Stacie Frey at stacie.frey@usm.edu

Price: Sliding scale, \$5 for students, \$10 for faculty and staff

The University Clinic for Family Therapy provides individual, couple and family therapy to USM faculty, staff, students and to the community. They focus on communication and relationship issues, life transition concerns, anxiety, stress management and other general challenges that persons in relationships face.