RESOURCES FOR STUDENTS: IMPROVING WELL-BEING

Community Counseling and Assessment Clinic

[link] usm.edu/counseling-psychology-clinic • 601-266-4601
Price: $2 students; $35-40 community
Provides counseling and psychological assessment to students, staff, faculty, and community adults 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 ADHD, and other common challenges.

Psychology Clinic

[link] usm.edu/psychology-clinic • 601-266-4588
Price: $5 group/$10 individual
Helps 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.

Student Counseling Services

[link] usm.edu/student-counseling-services • 601-266-4829
Contact: Deena Crawford at deena.crawford@usm.edu
Price: Free
Sees students on a short-term basis 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

[link] usm.edu/student-health-services • 601-266-5390
Price: Varies by service; $20 provider fee
Provides medical care for the university community, including preventative care and treatment for illnesses and common mental health challenges faced by students, such as stress, depression, anxiety, eating disorders, and alcohol or drug problems. They are also home to the BASICS program, which helps college students prevent the negative consequences often associated with alcohol use.

University Clinic for Family Therapy

[link] usm.edu/marriage-and-family-therapy-masters-degree-program/university-clinic-family-therapy
Contact: Stacie Frey at stacie.frey@usm.edu
Price: Sliding scale, $5 for students, $10 for faculty and staff
 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.

Title IX Office

[link] usm.edu/sexual-misconduct
Contact: Dr. Rebecca Malley at 601.266.6804 or rebecca.malley@usm.edu
The Title IX coordinator’s job is to investigate and respond to reports of harassment or discrimination based on sex, gender, gender identity, sexual orientation, or pregnancy and parenting status.

Collegiate Recovery Community

[link] usm.edu/student-health-services/collegiate-recovery-community
Contact: Lisa Wright at 601.266.5340 or lisa.a.wright@usm.edu
Students in recovery from addictive disorders including alcohol, drug and eating disorders, can engage with and seek support from students fighting the same battles as well as have access to supportive faculty and staff members.