

RESOURCES FOR STUDENTS: IMPROVING WELL-BEING

Community Counseling and Assessment Clinic



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



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



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



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



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



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



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.