

RESOURCES FOR STUDENTS: IMPROVING WELL-BEING

USM Behavioral Health Clinic



<https://www.usm.edu/behavioral-health-clinic/>

• 601-266-4588

Price: Sliding scale based on income. Fees for assessment services and some of the specialty programs are fixed.

Offer services for children, adolescents and adults. Serves community members and USM-students, faculty, and staff. Services include individual, child, family, couples and group therapy, comprehensive diagnostic evaluations/ assessments, consultation in various areas.

Student Counseling Services



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

Contact: April Lomax at April.Estill@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.