



MTSU COUNSELING SERVICES

Our Services & Resources

Services Offered

- Short-term, solution-focused counseling
- Short-term psychiatric services
- Referral Services
- Support and psychoeducational groups
- Crisis Services

First-Time Students



- Students who have never been seen in our office will have a first-time screen appointment via telehealth, phone, or in-person once students can safely return to campus.
- The screen enables the therapist to obtain information about the needs of the student.
- After being screened, the student and screener will talk about their options moving forward.

Counseling and Other Options

Since our services are short-term in nature, the screener and the student will discuss the student's options, taking the student's level of need into consideration.

Options Include:

- Short-term counseling from a therapist within MTSU Counseling Services
 - *Note - All MTSU Counselors are Licensed Mental Health Professionals*
- Counseling off-campus with a Licensed Mental Health Professional
- Short-term psychiatric services from a psychiatrist within MTSU Counseling Services
- Support and/or psychoeducational groups within MTSU Counseling Services
- Psychiatric services off-campus

***Every student that contacts MTSU Counseling Services will receive help. We will work with each student to ensure they get the help that they need, whether it is on campus, or from a provider in the community.**

Referral Services

- A counselor may determine that a student's treatment needs fall outside the scope of our brief, short-term model of care. This determination can occur upon completion of the first appointment or during the counseling process. If this occurs, we will assist the student with referral services.
- **Referral Services assist students with the following:**
 - Determine which local providers accept the student's insurance
 - Navigate health insurance coverage, such as understanding co-pays and deductibles
 - Assist in finding low-cost providers if the student is uninsured
 - Consider which therapist may be a good fit for the student and his/her needs
 - Refer based on proximity if transportation is a challenge

Referral Services (continued)

- MTSU Counseling Services provides referral services to students who are in need or request the following services:
 - Documentation for an emotional support animal
 - Family, marriage, or couples counseling
 - Students presenting with a specific disorder that requires specialized treatment; such as eating disorders, substance use, or chronic self-injury
 - Treatment requiring long-term psychotherapy or long-term medication management
 - Weekly or more than once a week therapy services for an extended period of time
 - Extensive need for crisis intervention
 - Present with chronic, ongoing risk of harm to self or others; such as multiple hospitalizations, or chronic suicidality
 - Psychological evaluation for ADHD or medication management for ADHD
 - Mandated counseling or to provide testimony or documentation in any legal matters
 - Any type of psychological evaluations or assessments, including Fitness for Duty

Psychiatric Services

- All students must first be screened by a counselor in order to be referred for a psychiatric consultation with an internal psychiatrist. The student's initial visit with the psychiatrist is an evaluation that focuses on the student's symptoms. The psychiatrist will talk to the client about treatment recommendations and discuss a preliminary treatment plan.
- MTSU Counseling Services does not provide long-term psychiatric services, emergency prescription services, medication management, or psychiatric evaluations. At an appropriate time, the psychiatrist will work with the client to transition to a provider in the community.

Psychoeducational Groups Offered

- **L.I.F.E. (Love Inspire Fulfill Encourage) Workshops**
 - Topics include depression, anxiety, stress management, relationships, and self-esteem
- **Mindfulness-Based Stress Reduction**
 - In these mindfulness workshops you will learn to cope with stress, pain, and everyday challenges.
- **Distress GPS**
 - Learn to build resilience, regulate emotions, and change unwanted behaviors
 - Topics include ways to improve communication in relationships to decrease overall stress
- **Grief and Loss**
 - In partnership with Alive Grief Support, we offer a monthly grief support group for all MTSU students.
 - This group will help you if you are grieving the loss of a loved one or the impending loss of a terminally ill friend or family member.

Crisis Services

- Students who are experiencing a mental health crisis are encouraged to come directly to MTSU Counseling Services and they will be able to meet with a counselor during our normal hours of operation.
- The following situations are designated as crises:
 - currently thinking about attempting suicide
 - has a strong desire to harm someone else
 - having strange experiences such as hearing voices or seeing things other people do not
 - has been physically or sexually assaulted within the past two weeks
- If a student is not currently experiencing any of the above, a thirty-minute same-day screen is available.
- If there is an emergency outside of office hours, students are advised to call the Suicide Hotline at 1-800-273-8255, Mobile Crisis at 1-800-704-2651, 911, or go to the nearest hospital ER.

Contact Information

- Location: Keathley University Center (KUC) - Room 326S
- Office Hours are Monday-Friday, 8:00 am - 4:30 pm
- Link to website: <https://www.mtsu.edu/countest/>
- Phone: (615) 898-2670
 - Please contact Counseling Services at the number above with any questions

And last, but not least 😊...

*Counseling Services is free to students currently enrolled at MTSU