Counseling Services Topics and Dates

Please note these are only for MTSU students. Workshops are held **Wednesdays from 11am to 12pm** - Location: **Zoom**.

Click on the workshop topic below you wish to attend to register in advance. After registering, you will receive a confirmation email containing information about joining the meeting.

- **Conquering Fear & Worry: Anxiety Management** ......................... 9/14
- **Contents Under Pressure: Stress management** ............................ 9/28
- **Building Healthy Relationships** .............................................. 10/5
- **Coping with Grief and Loss** ................................................. 10/12
- **Combating Perfectionism** ..................................................... 10/19

If you have any questions please contact Jo.Christian@mtsu.edu

**PLEASE NOTE**: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

**CRISIS LINE**: 988
1-800-273-TALK (1-800-273-8255)