

The University Counseling Center supports the well-being of individual students and the campus community through a broad spectrum of services. The Center is staffed by diverse team of professional counselors committed to recognizing the unique needs and experiences of each student.

We operate within a stepped care model, which means that students are connected with services that best meet their individual needs. Services students may receive include:

- Short-term individual counseling
- Group counseling
- Referral to a community provider
- Self-guided mental health resources

Students in need of services are seen for an initial screening appointment within 2 business days. These appointments are designed to be quick access and will gather information from the student to get a clearer picture of their needs and plan the most appropriate course of action.

The University Counseling Center also offers:

Emergency Services: Urgent-care is available for students experiencing a mental health crisis. After-hours emergency services are coordinated with GVPD.

Connection & Consultation: As a faculty/staff member, your relationship with the student is our best asset in getting them connected to mental health services. While the University Counseling Center does not call students to initiate care, we will provide faculty/staff members with information on how to address the situation via phone consultation. Call (616) 331-3266.

Outreach/Prevention Services: Workshops and events are scheduled throughout the academic year to equip students with the knowledge, skills, and resources necessary to maximize their emotional and physical health. Students, faculty, and staff can also request presentations at www.gvsu.edu/counsel/outreach

Alcohol and Other Drugs Services (AOD): Student support in making healthy and safe choices related to alcohol, marijuana, and other drugs is offered. Recovery meetings are daily on campus.

Did you know?

Depression and anxiety are the most common mental health concerns at GVSU and across the country. Research indicates that approximately 36% of men and 45% of women on college campuses have been so depressed that they were unable to function, yet only 10% of students seek services.

DOWNLOAD THE GV MENTAL HEALTH SMARTPHONE APPLICATION

UCC's *GV Mental Health* smartphone application is designed to provide faculty/staff with resources to support the mental health needs of GVSU and help in case of an emergency. It is mental health information at your fingertips whether in the classroom, office, or at home.

To download, visit www.gvsu.edu/counsel/gvmentalhealth or search "GV Mental Health" on the Apple App Store or Google Play



Scan the QR code with your smartphone camera

For more information about the University Counseling Center, visit www.gvsu.edu/counsel or call (616) 331-3266.