

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

Students in need of services are seen for an initial screening appointment within 2 business days. Screening appointments are designed for quick access and allow counselors to determine the services that best meet each student's needs.

Services students may receive include:

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

The University Counseling Center also offers:

Emergency Services: Urgent-care is available for students experiencing a mental health crisis by calling or visiting the Center. After-hours emergency services are offered in coordination with GVPD.

Connection & Consultation: Faculty are often among the first to notice when a student is struggling with their mental health. While the University Counseling Center cannot contact students to initiate care, counselors are available to consult if you have concerns about a student or member of the campus community.

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

Alcohol and Other Drugs Services (AOD): AOD supports students in making healthy and safe choices related to alcohol, marijuana, and other drugs. On-campus recovery meetings and individualized care is available for those who wish to change their relationship with substances.

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.