

WHO WE ARE

MISSION

To enhance the well-being of our diverse GVSU community through mental health services, including prevention, education, and counseling.

VISION

The University Counseling Center strives to be viewed as an essential resource for enhancing student mental health, well-being, and academic success and recognized by the university community as integral in achieving the university mission. Characterized as dynamic, proactive, and innovative in responding to the needs of a diverse university community, the Center cultivates a highly competent staff and evolving service and training practices. The University Counseling Center staff strengthens relationships within the Center, the University, and the broader community through compassion and advocacy.

GUIDING PRINCIPLES

- We advocate for and promote a culture of inclusivity and equity through active engagement in social justice.
- We promote the importance of holistic wellness and self-care in maintaining mental health and emotional wellbeing.
- We are committed to providing individualized, evidenced-based services and creating culturally sensitive spaces for students to feel heard, accepted, and affirmed.
- We embrace a team-based approach to individual and organizational well-being, striving for collaborative decision-making and mutual support.
- We support ongoing professional development as a critical factor in enhancing staff competence, expertise, and the effectiveness of our service and training practices.
- We bring a specialized mental health perspective to the campus community through collaborative partnerships and interdependent relationships.

VISIT US

206 Student Services, Allendale Campus
101B DeVos, Pew Campus
(616) 331-3266
Telehealth Appointments Available



www.gvsu.edu/counsel



[gvcounseling](#)



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University Counseling Center

MIND YOUR HEALTH



GRAND VALLEY
STATE UNIVERSITY

WE CAN HELP

COMMON CONCERNS INCLUDE

Overwhelming Stress
Feelings of Depression
Feelings of Anxiety
Relationship Concerns
Identity Exploration
Recent or Past Trauma
Academic Difficulties
Drug or Alcohol Use
And More



OUR SERVICES

THE SETTING

We offer a spectrum of free mental health services to currently enrolled GVSU students. Our dedicated team of counselors hold a diverse range of personal identities and specializations, ensuring that you can connect with someone who truly understands your unique experiences and needs. Whether you're dealing with stress, living with a chronic mental illness, navigating relationship concerns, or just need someone to talk to, we're here to help. Our goal is to create a safe and welcoming environment where you can feel comfortable and empowered to take care of your mental health and prioritize your well-being.

HOW WE CAN HELP

- **Short-term Individual Counseling**
- **Group Counseling**
- **Self-help Resources**
- **Community Referral**
- **Outreach Events and Workshops**
- **Alcohol and Other Drugs Services**
- **Crisis Support and Consultation**
- **Gender Affirmation Services**
- **Peer Education**

FAQ

How much do counseling services cost?

Our services are free for currently enrolled GVSU students.

How long are appointments?

Individual appointments are scheduled for 45 minutes. Group counseling lasts between 50 and 80 minutes.

Is there a session limit?

The University Counseling Center's scope of practice covers a range of mental health services, which may include short-term individual therapy if clinically appropriate. Individual session limits are required to avoid long wait times and will be discussed between you and your counselor.

What if I feel I need more sessions than discussed with my counselor?

If you or your counselor determine that you need longer-term or more specialized care, we will help refer you to a mental health provider in the surrounding area. You may also use Thriving Campus to locate a community provider who may better suit your needs.

Are counseling sessions confidential?

It is the policy of the University Counseling Center not to release any information regarding your use of our services or personal matters discussed with your counselor without signed consent from you. This includes appointments and attendance information.

What if I am in crisis?

You can call 911 or 988, or visit the University Counseling Center during business hours for an urgent care appointment. If you are in crisis after hours, you can contact Housing and Residence Life Staff on-campus.

Can I meet with a counselor before I begin classes?

First-year students cannot schedule appointments before classes start, but may contact the Center to schedule a brief consultation with a counselor to receive general information about our services.