

***Free mental health services are available to currently enrolled GVSU students***

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.

**Services provided:**

**Individual Counseling**

Short-term, one-on-one counseling is available to all enrolled students.

**Group Counseling**

Group counseling is offered on an unlimited basis. General groups are available, as well as groups that focus on particular themes, skills, or identities. They include: Body Image, How to Worry Well, LGBTQ Therapy, African American Student Support & Discussion, and many more!

**Emergency Services**

The University Counseling Center offers urgent-care services for students experiencing a mental health crisis and coordinates with GVPD to provide emergency after-hours services.

**Referral & Consultation**

Faculty and staff are often the first to notice or to be informed by other individuals of a student experiencing a mental health concern. Additionally, students often seek out trusted faculty or staff for assistance when they feel distraught, anxious, and/or depressed. If you are concerned about a student, University Counseling Center staff are available for consultation.

**Drug/Alcohol Prevention Services**

The University Counseling Center supports students in making healthy and safe choices related to alcohol, marijuana, and other drugs through AOD- Alcohol and Other Drugs Services. Recovery meetings are offered 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.

**Did you know?**

In the United States, a person completes suicide every 11 minutes and suicide is the 2nd leading cause of death among college students.

**Outreach/Prevention Services**

Outreach workshops and events are scheduled throughout the academic year and equip students with the knowledge, skills, and resources necessary to maximize their emotional and physical health. Students, faculty, and staff can also request presentations through the University Counseling Center website.

- QPR Suicide Prevention training is available upon request. It stands for Question, Persuade, and Refer — 3 simple steps anyone can learn to help save a life.