Health and Counseling Centers at Ward & West Building, Second Floor
Phone: 410-704-2512

Graduate school presents many stresses and opportunities to advance yourself in your future career and in life. To meet these challenges, it is important to remove emotional barriers, enhance your social and professional skills, strengthen your resilience and self-care, and formulate wise personal goals. The Counseling Center (http://www.towson.edu/counseling) provides help in all of these areas through brief personal counseling, referral assistance and other psychological services. Our services are not only for students in difficulty, but also for those who are striving for self-improvement.

The following are some of the issues that students address in brief individual counseling, and in the other services provided by the Counseling Center. When a student’s needs lie outside our scope of services, we will assist them in obtaining help from community providers.

- Stress, anxiety, and depression symptoms
- Barriers to educational or career achievement and success
- Personal effectiveness, self-esteem, and self-confidence
- Life planning and direction, personal and career decision-making
- Coping with life changes and transitions
- Problems encountered in the university environment
- Suicidal or self-destructive behavior or thoughts
- Irritability and anger symptoms
- Issues with family, friends, roommates, romantic partners or spouses
- Grief and loss
- Sexual matters
- Body image and eating issues
- Physical or sexual mistreatment or abuse
- Alcohol and drug-related problems or questions
- Personal identity development, e.g. race, class, gender, ability, and sexual orientation

The Counseling Center is staffed by psychologists, substance abuse clinicians, consulting psychiatrists, health educators and other clinicians working under supervision. All services provided at the Counseling Center are confidential and nearly all are provided free of charge. For more information or to make an appointment, simply call or drop by the Counseling Center.

Hours
The Counseling Center is open Monday–Friday, 8 a.m.–5 p.m.

Your Initial Appointment
Our goal in the initial session is to provide immediate help, as your counselor offers a listening ear, answers your questions, helps you resolve problems and informs you about what further help might be appropriate. Call 410-704-2512 or stop by the Counseling Center to arrange your first appointment with a counselor. Emergency appointments are available if you need to speak with someone in the same day or immediately.

Brief Individual and Couples Counseling
Beyond the initial appointment, we provide brief individual counseling and therapy services to help you enhance your academic success and personal fulfillment. Couples counseling provides a safe atmosphere for students to examine and improve their relationships.

Community Referrals
If you know you need ongoing rather than brief counseling and therapy, you can find community providers using the Counseling Center Community Referrals Database (https://www.towson.edu/counseling/services/referral.html), or through your health insurance company’s provider website. If you would like our help in securing a referral, simply make an initial appointment at the Counseling Center. Your counselor will help you locate appropriate outside resources, keeping in touch with you until the referral is successfully completed.

Group Counseling
Several different types of therapy and support groups are particularly helpful for self-improvement. They offer opportunities to share experiences, solve problems and practice new skills in the company of others who are also working on self-improvement. Students who have completed brief individual counseling may join a counseling group to continue their personal growth and get additional support.

Psychiatric Services
Psychiatric evaluation and medication are available when needed by students who are engaging in counseling and therapy services at the Counseling Center. If you are using a community therapist, your psychiatry would be arranged by that provider.

Alcohol and Drug Abuse Program
The Counseling Center offers alcohol and other drug assessment and treatment to meet various personal needs. Programs are available in both individual and group formats. Services can assist in achieving a greater awareness of a problem or addressing a problem through education and treatment.

Tigers in Recovery is TU's collegiate recovery program, which provides support for students in recovery from substance use disorders. This program offers opportunities for students in recovery to connect with other students in recovery as well as participate in social activities on and off campus. For more information, visit the program's website (http://www.towson.edu/tigersinrecovery).

Mindfulness Meditation
Mindfulness Meditation has been shown to help reduce stress and anxiety and promote a more peaceful, creative, and self-compassionate approach to one's life. Meditation opportunities include group meditation workshops, private time in the Counseling Center’s Meditation Room, or meditation apps available on our website.

Outreach and Consultation
The Counseling Center staff provides workshops and programs to the TU community on various topics, including life skills and coping, mindfulness meditation, suicide education and prevention, assertiveness training, stress management, body image, and communication skills, to name a few. Our clinicians are also available to consult with the campus community on various topics, including identifying and assisting students in distress, improving the campus environment, diversity issues, or other issues relating to the quality of life at TU.

Web Resources
More useful information about the Counseling Center and self-help resources are available on our website (http://www.towson.edu/).
counseling). Click on "Resources by Topic" to find help with self-evaluation, practicing healthy behavior, downloading useful apps, and determining whether you might benefit from in-person counseling or the other services at the Counseling Center.

**Confidentiality**
Counseling often deals with very personal, private issues. Successful counseling depends on having the freedom to express feelings, attitudes and thoughts with someone who is respectful of a person’s right to privacy. Our counseling sessions are confidential; personal information is not released except with the client’s written permission or as may be required by law. The importance of confidentiality is reflected in the Counseling Center’s adherence to Maryland Law and also to the Code of Ethics of the American Psychological Association.