College life presents many stresses, life changes and opportunities for personal growth. To meet these challenges, it is important to resolve emotional problems, learn new personal and social skills, strengthen your resilience and self-care, and set wise personal goals. The Counseling Center provides help in all of these areas through personal counseling and other psychological services. Our services are not only for students in difficulty, but also for those who are striving for self-improvement.

Some of the areas which may be addressed by the Counseling Center include:

- Stress, anxiety, and depression symptoms
- Blocks to educational or career achievement and success
- Life planning and decision-making
- Adjusting to a new environment
- Coping with change and transition
- Indecision in choosing one’s direction
- Suicidal or self-destructive behavior or thoughts
- Irritability and anger symptoms
- Relationships with friends, roommates, parents, romantic partner or spouse
- Family problems
- Grief and loss
- Sexual matters
- Self-esteem and self-confidence
- Physical stress and tension
- Eating disorders and body image issues
- Physical or sexual mistreatment or abuse
- Alcohol and drug-related problems
- Identity development, e.g. race, class, gender, ability and sexual orientation
- Problems encountered in the university environment

The Counseling Center is staffed by psychologists, substance abuse clinicians, consulting psychiatrists, health educators, and other clinicians and counselors 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, call or drop by the Counseling Center.

### Hours

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

### Group, Individual and Couples Counseling

Several kinds of personal counseling are available at the Counseling Center. 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. A series of individual counseling or brief psychotherapy sessions are often useful to resolve problems and improve your life situation. Our various therapy and support groups are particularly helpful for self-improvement, giving members an opportunity to share experiences, solve problems, and practice new skills. Couples counseling provides a safe atmosphere for couples to examine and improve their relationship.

### Psychiatric Services

Psychiatric evaluation and medication are available when needed by students engaging in counseling and therapy services at the Counseling Center.

### Mindfulness Meditation

Mindfulness Meditation has been shown to help reduce stress and anxiety, and to promote a more peaceful, creative and self-compassionate approach to one’s life. Meditation opportunities are many, from group meditation workshops, to reserving private time in the Counseling Center’s Meditation Room for self-guided meditation, to using one of the meditation apps or links on our website.

### 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 correcting a problem through education and recovery.

Brief Alcohol Screening and Intervention for College Students (BASICS) is a prevention program for college students who have experienced risks or identified consequences related to drinking, who are at risk for alcohol-related problems, or who are expressing concern about their drinking behaviors. BASICS is a harm-reduction approach provided within the framework of two individual sessions and provides students with knowledge and awareness about the risks and consequences associated with drinking, as well as behavioral strategies to reduce such risks.

### Life and Career Planning

The Counseling Center assists students in personal life and decision-making about one’s future in a variety of ways. The Career Center is the place to go if you seek information about making potential career choices. The Counseling Center can help if you feel that your career decision-making is complicated by personal concerns.

### Outreach and Consultation

The Counseling Center staff provides workshops and programs to the Towson University community on various topics, including time management, mindfulness meditation, suicide education and prevention, assertiveness training, stress management and communication skills. We can also work with you to help you create programs to meet your needs. Our clinicians are also available to consult with students, faculty and staff 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 Towson University.

### Web Resources

More useful information about the Counseling Center and a variety of additional 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 other services at the Counseling Center.
Referrals
Students frequently need services that are available outside the Counseling Center, whether on campus or in the surrounding community. Our clinicians can assist in locating appropriate outside resources when they are needed. In addition, our website includes a Community Provider Search link that anyone can use to identify mental health providers in the nearby community who accept one's brand of health insurance.

Your Initial Contact
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 immediately. Your Counseling Center clinician will help you to deal with your immediate concerns and determine what kinds of additional help will be most useful to you.

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.