



Counseling Services

Who is eligible for counseling?

All currently enrolled students are eligible.

Is my counseling confidential?

Yes, information shared in counseling sessions will be treated by all Counseling Center staff with strict confidentiality. Your information will not be disclosed to anyone outside Counseling Services without your written permission. In some instances, when, in the judgment of the counselor, you or someone else is in imminent danger, your permission may not be needed.

Why do students seek counseling?

- * General wellness
- * Stress
- * Relationship issues
- * Depression/anxiety
- * Trauma
- * Domestic Violence/abuse
- * Family discord
- * Adjusting
- * Academic concerns
- * Self-esteem
- * Alcohol or drug concerns
- * Loss/grief
- * Gender/identity
- * Eating or body image concerns
- * Career indecision

All issues are taken seriously and no problem is "too small" to discuss.

Services Provided:

- * Individual counseling sessions last 50 minutes. Students can see a counselor once per week.
- * Students who are experiencing a crisis or emergency situation can meet with a counselor immediately.
- * We provide referral information regarding appropriate community resources for students whose needs are beyond the scope of our services.

Virtual Drop-in Office Hours - Students, faculty and staff are encouraged to "drop in" with any questions or concerns related to mental health. Office Hours Schedule: Monday and Wednesday, 1 pm - 3 pm, Tuesday and Thursday, 10 am - 12 pm

Office Hours URL: <https://doxy.me/collinmentalhealth>



How do I arrange to speak with a counselor?

To schedule an appointment with a counselor please call (972) 881 5126 or email personalcounseling@collin.edu

We are continuing to offer counseling services via phone or video conference using doxy.me.

Fall 2020 Counseling Virtual Seminars

To register go to <https://collin.campuslabs.com/engage/event>

Emotional Wellness Seminars

Lessons in Self-Esteem

Monday, Sept. 7, 11 am

Explore steps to build self-esteem.

Tackle Time Management and Study Smarter, Not Harder

Wednesday, Sept. 16, 1 pm

Learn how to prioritize and schedule. Also, learn to self-monitor by actively reading, taking notes, and participating in class.

Drug Trends, presented by North Texas Poison Control Center

Monday, Sept. 21, 11 am

In the midst of the pandemic, substance abuse is on the rise. This seminar will provide the latest on current drug trends in the area.

Coping with Change

Thursday, Oct. 1, 1 pm

The ups and downs of life - Learn how to adapt and cope with life's transitions.

Culture Shock (for International Students)

Wednesday, Oct. 7, 2 pm

Adjusting to a new culture is hard, but you are not alone. Meet others, and learn tricks for coping in this interactive seminar.

KNOW NOW: Party or Problem

Wednesday, Oct. 14, 1 pm

Differentiating between "social" and problematic substance use.

Is this Relationship Healthy?

Wednesday, Nov. 11, 11 am

A look at Power and Control.

Procrastination

Wednesday, Nov. 18, 1:30 pm

Learn the "What", "Why" and "How" of this prevalent issue.

Prepare to Pass: Test Anxiety

Tuesday, Dec. 8, 1 pm

Learn tips and strategies to help you pass not panic.

Group Counseling for Self-Esteem

Looking for students who want to work on their self-esteem and confidence.

Date and time— TBD

For more information contact Carolyn Braswell

(cbraswell@collin.edu) or Rachel Estrada (restrada@collin.edu)

Life can be Stressful Seminars – new series

Self-Care Isn't Selfish

Thursday, Sept. 10, 2:30 pm

Find out why self-care is essential for your health.

Relax. You're Normal.

Tuesday, Oct. 20, 4 pm

Learn relaxation techniques and coping skills to help manage anxious times.

How to Manage Stress During Stressful Times

Wednesday, Nov. 4, 12 pm

Learn about the research of embracing stress and capitalizing on it's benefits.

Residence Life Seminars - new series

Effective Communication Skills

Wednesday, Sept. 23, 1 pm

Keep your cool, and communicate well in tense situations.

Boundaries 101

Monday, Oct. 5, 11 am

How setting boundaries makes us better.

When 24 hours Isn't Enough

Monday, Nov. 16, 5:30 pm

Learning how to manage time will help you today and prepare for tomorrow.

Virtual Drop - In "Office Hours"

Please feel free to drop in and chat with one of our licensed professional counselors during our virtual office hours. Students, faculty and staff are encouraged to "drop in" with any questions or concerns related to mental health. To "drop in", simply go to the link below during our scheduled office hours.

Office Hours Schedule: **Monday and Wednesday, 1 pm - 3 pm**

Tuesday and Thursday, 10 am - 12 pm

Office Hours URL: <https://doxy.me/collinmentalhealth>

To schedule an appointment with a counselor please call (972)

881-5126 or email personalcounseling@collin.edu

For more information go to:

<http://www.collin.edu/studentresources/counseling/>