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
- Group counseling
- 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: Tuesdays 10 - 12 pm, Thursdays 1 - 3 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
### Emotional Wellness Seminars

**Tackle Note-Taking & Study Smarter, Not Harder**  
Thursday, June 10, 1 - 2 pm, Virtual Seminar  
Find success through active reading, taking notes and participating in class.

**Self-Compassion**  
Wednesday, June 16, 11 - 12 pm, Virtual Seminar  
Discover the benefits of intentionally developing compassion for yourself and others.

**Relax and Be Well**  
Tuesday, June 29, 1 - 2 pm, Plano Campus C103 or Virtual Seminar  
Explore your current level of wellness and identify ways to improve your mental health.

**Coping with Stress**  
Thursday, July 8, 1-2 pm, Virtual Seminar  
Learn how to embrace stress!

**How to Stop Worrying– Strategies for Coping**  
Tuesday, July 13, 2–3 pm, Plano Campus C104 or Virtual Seminar  
Worries, doubts and anxieties are normal. Learn how to manage your worries in a healthy way.

**Grief and Loss presented by CougarCare**  
Wednesday, July 21, 12 - 1 pm, Virtual Seminar  
Learn coping mechanisms to help you move towards hope and healing.

**Strategies to Help De-Stress and Focus, Presented by Professors Marta Moore and Jey Venkatesan**  
Tuesday, July 27, 1 pm - 2 pm, Virtual Seminar  
Participants will learn mindful strategies of heart-math and pranayama (breathing technique) to relax and be mindful of the present.

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### Prepare to Pass: Test Anxiety

Wednesday, Aug. 4, 1 - 2 pm, Plano Campus C103 or Virtual Seminar  
Strategies for taking exams to help you pass not panic.

### 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:**  
- Tuesdays, 10 am - 12 pm  
- Thursdays, 1 pm - 3 pm  

[https://doxy.me/collinmentalhealth](https://doxy.me/collinmentalhealth)

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

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### Scan the QR Code below to take an Anonymous Mental Health and Substance Abuse Screening