



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, Thursday and Friday, 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.

Spring 2021 Counseling Virtual Seminars



From Cougarweb, log into Cougar Connect collin.campuslabs.com/engage/events

Emotional Wellness Seminars

Managing Stress during Stressful Times

Monday, Jan. 25, 12 - 1 pm

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

Far from Home - Coping with Loneliness and Change *(International students encouraged to attend)*

Thursday, Jan. 28, 1 - 2 pm

Tackle Note Taking & Study Smarter, Not Harder

Wednesday, Feb. 3, 1 - 2 pm

Find success through active reading, taking notes and participating in class.

Bystander Intervention-*presented by The Turning Point*

Thursday, Feb. 11, 11 - 12 pm

Learn ways to be a better bystander.

Winter Blues or More?

Monday, Feb. 15, 1:30 - 2:30 pm

Learn to identify differences between the kinds of "Downs" and ways to cope.

Coping during a Pandemic: Avoiding Substance Abuse Pitfalls - *KNOW NOW*

Thursday, Feb, 25, 12 - 1 pm

Develop resilience instead of falling into patterns of drug abuse.

Sober Curious? Taking a break from Substance Use - *KNOW NOW*

Wednesday, March 3, 2 - 3 pm

Exploring the benefits of sobriety, what it means and how to try it.

Time Management: When 24 Hrs. Isn't Enough

Thursday, March 18, 4 - 5 pm

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

Lessons in Self-Esteem

Tuesday, March 23, 2:30 - 3:30 pm

Discover the core building blocks of self-esteem and how to put them in action in your daily life.

Anxiety, Exams, Papers, Oh My!

Monday, March 29, 1 - 2 pm

Breaking the worry cycle through planning and preparation.

What is Consent? - *presented by The Turning Point*

Wednesday, April 7, 1 - 2 pm

Learn what consent looks like and what it is not.

Boundaries 101

Thursday, April 15, 10:30 - 11:30 am

Learn about different boundaries and how to establish them.

Developing Resilience - *presented by Cougar Care*

Wednesday, April 21, 12 - 1 pm

Learn how resilience can help you "bounce back" from difficult life experiences.

Maintaining Mental Health during Difficult Times

Tuesday, May 4, 11 - 12 pm

How to keep yourself mentally healthy now and in the future.

Prepare to Pass: Test Anxiety

Thursday, May 6, 1:30 - 2:30 pm

Use relaxation and focus as a path toward passing your exams.

Group Counseling

Self-Esteem Group - date and time TBD

Grief/Loss Group - date and time TBD

If you are interested in participation or need more information contact:
personalcounseling@collin.edu or call 972.881.5126

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, Thursday, and Friday, 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/>