Welcome to the Counseling Center's website!

The Counseling Center provides free and confidential mental health services to currently enrolled TAMUCC students. Our services include:

- personal skills training
- short-term counseling services
- alcohol and other drug treatment and education including e-CHUG
- crisis and consultative sessions
- psychological screenings and assessment
- anonymous online mental health screenings available to find out whether professional consultation regarding depression, anxiety, alcohol or eating disorders would be helpful to you
- outreach services focused on student mental health issues
- educational materials about mental health issues including links to Ulifeline, Half of Us and other websites devoted to College Students' Mental Health
- referrals to community providers and services
- consultation with faculty, staff and students regarding student issues

We hope that you will explore these and the many more resources available on our site.

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