



TEXAS SOUTHERN UNIVERSITY
Division of Student Services
& Enrollment Management



UNIVERSITY COUNSELING CENTER

“Scars tell the story of where you’ve been, They don’t dictate where you’re going.”

UNKNOWN

WHEN SHOULD I GET HELP?

- If you notice a change in your behavior
- If you are unable to resolve your concern yourself
- If someone you know has expressed concern
- If you are ready to heal

HOW DO I GET HELP?

1. Call or Come to schedule your Intake Counseling Session
2. On the day of your appointment, check-in on the computer
3. Meet the Intake counselor and begin the Intake session
4. At the end of the Intake, you will be able to schedule your ongoing counseling sessions





SERVICES:

All of the services offered at the University Counseling Center (UCC) are FREE!

INDIVIDUAL COUNSELING

We work with you to set goals, and we help you reach those goals through counseling.

GROUP/COUPLES

We can provide group, couples, and family counseling.

OUTREACH

Check us out on campus when we promote mental health campaigns.

CONSULTATION

Are you concerned about a student or friend? Call us and we can assist you in finding solutions.

TRAINING/INTERNSHIPS

Are you a graduate counseling/psychology student? You can intern with us.





LOCATION:

UCC is located inside the Student Health Center on Tierwester, next to the campus radio station, KTSU.

HOURS OF OPERATION

8 a.m. - 5 p.m. Monday-Friday

Student Health Center Building

www.tsu.edu/ucc

713-313-7804

Emergency: 713-313-7000

TSU After Hours Crisis line:

713-313-7863

Crisis text line: Text "START"

to 741-741



Help is Here

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