OUR MISSION...
The mission of the University Counseling Center (UCC) is to help students enhance their academic and personal well-being. The UCC seeks to provide counseling and support, crisis intervention, grief counseling, outreach, and referral services to TSU students. We also offer consultation, education, training, and prevention strategies to faculty, staff, and the university community. We seek to promote an environment of inclusion and personal development.

OUR VISION...
It is our vision to be of significant value to the TSU community, nationally recognized as a leader among University Counseling Centers and to provide effective resources to enhance students’ progress towards the fulfillment of their personal development and academic goals. In striving to expand the roles of helping professionals, our staff will be proactive and responsive to the changing needs of the growing and diverse student population. The University Counseling Center is committed to the continuous development of services and training programs, which represent standards of excellence.

OUR MOTTO...
“Real People. Real Problems. Real Solutions.”

OUR GOALS...
To provide a safe and therapeutic environment that is comfortable, aesthetically pleasing, and accessible to all enrolled students.
To maintain confidentiality according to legal, professional, and ethical standards.
To be proactive in responding to the needs, interests, and concerns of a diverse student body.
To provide a continuum of professional and ethical therapeutic services.
To provide unconditional support and advocacy for students.
To offer a variety of programs to assist students in maximizing their educational and social experience at TSU.
To provide services that encourage the development of skills to become proactive, socially responsible and account-able individuals.
To further promote a lifelong commitment to health and safety, both locally and globally.
To act as consultants and resources for promotion of the holistic development of students.
To de-stigmatize mental health in our community.
To work cooperatively with the TSU community to promote increased levels of mental health.

ABOUT US
LOCATION
The University Counseling Center (UCC) is located in the Student Health Center.

OFFICE HOURS
Monday through Friday 8:00 a.m. – 5:00 p.m.

PHONE
Call (713) 313-7804 or walk in during business hours to make an appointment. After office hours or for emergency situations, we encourage students to call the TSU Police Department at (713) 313-7000 for on campus needs and to dial “911” for off-campus needs. Students are also encouraged to call the TSU Crisis Helpline at 713-313-7863, it is available 24 hours a day, 7 days per week. It is a free and confidential service provided to currently enrolled students.

WHEN SHOULD A STUDENT USE OUR SERVICES?
The college years are known to be both extremely exciting and stressful for many. In the contemporary climate of competition and pressure, increasing numbers of students are finding that stress can become unmanageable and interfere with their quality of life. When a stressful situation has become so impactful that it is affecting daily activities including, but not limited to: interactions with others, self-care, academic achievement, thoughts, feelings, self-esteem, anger management, time management, etc., it is time to talk to someone.

OUR PROMISE TO YOU ABOUT CONFIDENTIALITY
The University Counseling Center (UCC) is a “safe place” for TSU students. As with all counseling offices, there are some limits regarding levels of confidentiality. Prior to meeting with a Counselor, you will be asked to read and sign a document to acknowledge that you have been informed and agree with our privacy practices and have been informed of your rights. We invite and encourage all questions regarding confidentiality, as it is our desire for all students to feel comfortable in our offices. However, it is critical that all parties involved understand the legal and ethical boundaries for the UCC.

STAFF
The University Counseling Center (UCC) staff consists of mental health professionals from diverse clinical backgrounds. Some members of our staff are licensed mental health professionals. In addition, we consult with TSU affiliated psychologists, psychiatrists, and physicians as necessary. This range of disciplines allows staff to provide quality counseling, integrated care, referrals, consultation, and training. All UCC staff are trained and experienced in managing issues common to university students, and each has areas of special interests and expertise.
Welcome to Texas Southern University’s (TSU) University Counseling Center (UCC). The UCC is a division of Student Services and is under the supervision of the Vice President for Student Services. We understand that while the college experience can be exciting, it can also be stressful. Demands on time and deadlines for term papers and exams are all a part of being a college student—and that’s just the academic side. There may also be issues in your life pertaining to family, past issues, friends, roommates, romantic relationships, money, etc. For some students, a therapeutic relationship can provide insight, comfort, and guidance for such concerns. We offer help and promote healing for emotional and mental health issues through intervention and individualized treatment.

Confidential counseling services are available for all currently enrolled TSU students. Our primary responsibility is to alleviate distress and promote healthy functioning by providing either short-term ongoing counseling services, or counseling services. These services include, but are not limited to: individual, couples, group, consultation, referral, conflict resolution, and public presentations for campus organizations and/or academic classes.

Some examples of the kinds of issues students may discuss with a counselor include: managing relationships, family situations, coping with stress, homesickness, depression, anxiety/panic attack, crisis intervention, communication skills, abuse, trauma, assertiveness skills, study skills, time management, increasing self-esteem, sexuality concerns, decision-making, alcohol and/or drug concerns, etc. If you are not sure what to talk about, are not sure who to talk to, or are not sure if you are ready to talk, please call the UCC. If you believe you are not ready to talk, or if you are unsure of what to talk about, you may be surprised by the things you say. The counselor may help you develop a plan to improve your mental health.

When should I think about talking to a counselor?

When a change in behavior is noticed and/or one is unable to resolve issues, it is time to seek the counsel of a trained mental health professional. Some problems that require a professional to address include: anxiety, depression, grief, stress, loneliness, grief, self-esteem, and academic stress, among others. When a change in behavior is noticed and/or one is unable to resolve issues, it is time to seek the counsel of a trained mental health professional.

Is there a fee?

There is not a fee for University Counseling Center services. Depending on the type of services provided, the student may be financially responsible for filing it. When a change in behavior is noticed and/or one is unable to resolve issues, it is time to seek the counsel of a trained mental health professional.

How long will I have to wait for an appointment?

We are committed to assuring that students are seen as quickly as possible. Appointments are often scheduled within a day or two of the time of the initial request. Students who are in a crisis situation are seen immediately by available staff.

Personal Counseling

The college experience creates many opportunities for challenges and growth. At times, students may have some difficulty coping with these changes and feel stressed, lonely, depressed, overwhelmed, etc. The University Counseling Center staff can assist students to manage these tasks successfully.

Couple and Family Counseling

Problems that are related to an ongoing relationship may need to be addressed in couples counseling. Services are offered to couples regardless of marital status and/or sexual orientation, as long as at least one of the partners is a currently enrolled TSU student. If both partners are not available before 5 p.m., we will make an appropriate referral to other counselors who may offer evening hours. Students are financially responsible for any associated fees.

Group Counseling

In addition to personal, couple, and family counseling, each year the University Counseling Center offers various therapeutic groups (anger management, thinking errors, healthy relationships, depression, suicide awareness, etc.). A minimum of three students is preferred for each session.

Consultation and Outreach

Educational programs and workshops for residency halls, classes, and organizations on a variety of topics are requested each year. Programs on stress management, crisis intervention, healthy living, depression/suicide, and domestic violence are examples of programs that are offered. We also offer a variety of academic enhancement seminars as well. Please contact us at 713-313-7804 for a complete list of our workshop presentations or to request your customized presentation.

In addition, we are available to consult with faculty, staff, parents, or students who may be concerned about a student. Assistance in crisis management and guidelines for referral are available. Persons who are concerned about a student are urged to contact the University Counseling Center for consultation as quickly as possible. Please note that the UCC policy regarding confidentiality will be maintained during this process.

Alcohol and Other Drug Prevention and Intervention

The Substance Abuse Education, Prevention, and Intervention (SAEPI) program is a unit of the University Counseling Center. The program serves the primary campus office concerning education, personal assistance, and information related to alcohol and other drugs. The educational program is involved in promoting healthy and lawful choices regarding drugs and alcohol through campus outreach programs, classroom lectures, and instructional technology. Confidential individual consultation and counseling are provided to those students with personal concerns related to alcohol or other drugs. Students needing substance abuse treatment are referred to outside service providers for appropriate intervention. For more information please call (713) 313-7800.

Practicum/Internship Opportunities

The University Counseling Center (UCC) at TSU offers a practicum/internship site for selected individuals, who choose to extend their professional learning experience to an applied setting. The practical and applied training available through the UCC is especially appropriate for upper level graduate students, who are in the process of fulfilling degree requirements in counseling psychology, or a closely related area. Although specific UCC requirements must be met, each student is encouraged to pursue his or her area of expertise within a program designed to meet the needs of both the UCC as well as the student. Students selected for a practicum/internship will function as a member of the staff, and will be identified as “Graduate Student Intern.” This desirable atmosphere allows the student to not only receive specialized attention, e.g., individual and group supervision, but also to experience an ongoing sense of community and solidarity. Through this philosophy the student is allowed a “real-life” job setting in which experiential learning can occur. For further information on deadlines, application procedures, and requirements, please visit the UCC in the Student Health or call (713) 313-7804.

Crisis Intervention

The University Counseling Center (UCC) staff is available to provide assistance in coping with a crisis or recent trauma. We are available for consultation and will accept walk-ins during regular business hours. In the event of a mental health crisis during regular business hours (8:00 am—5:00 pm), please call (713) 313-7804 and identify the situation as an emergency. The UCC Staff is equipped to handle most crisis situations on short notice. After assessing the situation, appropriate recommendations regarding intervention will be made.

In emergency situations requiring immediate response for medical attention or to preserve life or property, please call the TSU Police at (713) 313-7800 for on-campus emergencies (including TSU Residential Life and Housing properties) and dial “911” for off-campus emergencies.

Other Emergency Options Include:

- TSU Crisis Center Hotline: 713-HOTLINE
- Harris County Psychiatric Center: 713-741-5000
- Intracare Psychiatric Hospital South: 713-790-0949
- NeuroPsychiatric Center: 713-970-4640
- Ben Taub Hospital: 713-873-2000
- United Way Community Helpline: 713-957-4357