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
TEXAS SOUTHERN UNIVERSITY
UNIVERSITY COUNSELING CENTER
Follow us on social media

TSU UCC     @TSU_UCC
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

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

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.
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