

MISSION STATEMENT

The mission of the Counseling Center is to provide comprehensive mental health counseling, assessment, consultation and crisis interventions so that students are able to effectively manage daily stress, experience personal growth and development, and succeed in fulfilling their academic responsibilities so that they can progress toward degree completion.

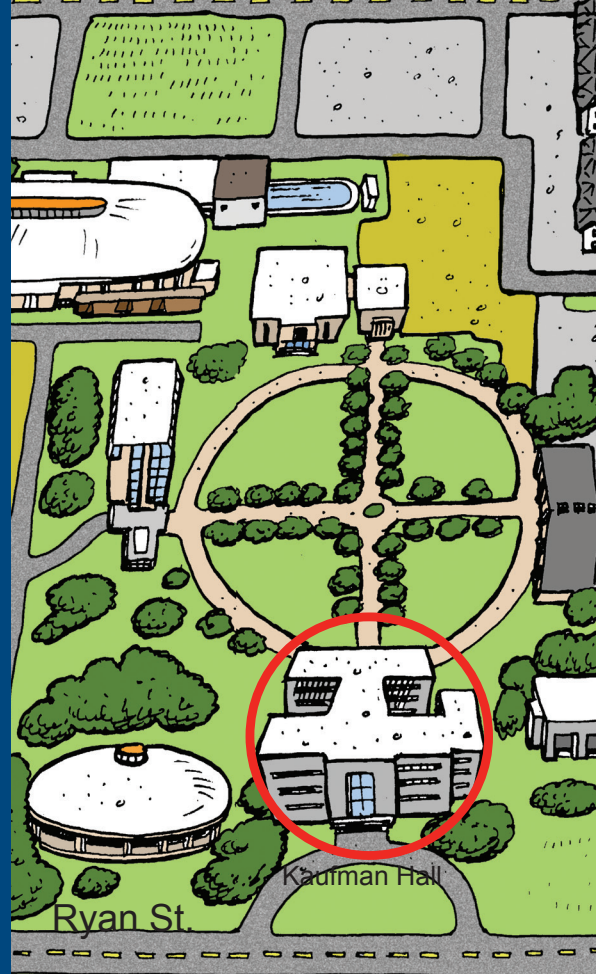
STAFF

The Counseling Center consists of full-time, licensed professional counselors as well as graduate student interns who are completing a master's degree in counseling.

CRISIS INFORMATION

In case of an emergency on evenings, weekends or holidays, call University Police at 337-475-5711 to get in touch with an on-call counselor, call 911 or go to the nearest emergency room.

Persons needing accommodations as provided by the Americans with Disabilities Act should contact the ADA Coordinator at 337-475-5428, voice; 337-475-5960, fax; 337-562-4227, TDD/TTY, hearing impaired; or by email at cdo@mcneese.edu.



MCNEESE

STATE UNIVERSITY

Counseling Center
Kaufman Hall, Room 112

Hours of Operation:
Mon. – Fri., 8 a.m.–4:30 p.m.

Phone: 337-475-5136 | Fax: 337-475-5265
www.mcneese.edu/counseling

Counseling Center



MCNEESE
STATE UNIVERSITY



WHAT IS COUNSELING?

Counseling is used to help people cope with issues ranging from test anxiety to starting or ending a romantic relationship to grieving the loss of a loved one. We provide emotional support, help students gain insight and understanding, and teach coping skills for dealing with life's stressors. We encourage all students to consider seeking counseling services to address any issues that are having a negative effect, no matter how big or small they may seem.

SERVICES OFFERED

- Individual counseling
- Family and couples counseling
- Group counseling
- Learning assessments
- Consultations
- Presentations

COMMON ISSUES ADDRESSED IN COUNSELING

Students seek counseling for a variety of issues including:

- Stress
- Anxiety
- Depression
- Relationship issues
- Adjustment to college
- Trauma
- Grief/loss
- Sexual assault
- Sexual orientation/identity concerns

ELIGIBILITY AND COST

All enrolled McNeese students are eligible to receive counseling services. All services offered are covered by a student health fee that is included in tuition and fees. There is no per-session cost for counseling.

CONFIDENTIALITY

All information will be kept confidential for counseling sessions other than exceptions required by law.

CONSULTATION

Professional counseling staff members are available for consultation regarding situations of concern. An example of a consultation would be if you were concerned about a friend/peer/student and wanted to know what you could do to help. Some consultations can be handled over the phone, while for others it may be best to schedule a face-to-face appointment.

OUTREACH

Throughout the year, the McNeese Counseling Center provides outreach initiatives through informational tables, awareness day events, consultations, crisis management and presentations.

You can request a presentation from our office by completing an online form:

[www.mcneese.edu/counseling/
request_a_presentation](http://www.mcneese.edu/counseling/request_a_presentation)

DIVERSITY

The Counseling Center is committed to providing services to diverse populations. We strive to create a safe, non-judgmental, accepting environment and welcome the opportunity to serve diverse cultures and world views.

APPOINTMENTS

To schedule an appointment, call 337-475-5136 or come by our office in Kaufman Hall, Room 112, to schedule in person. Appointments usually last 45 to 50 minutes. Walk-in appointments are available for crisis and emergency situations.

