

Scheduling Appointments

Appointments can be made by telephone or in person. For in person appointments drop by Gillum Hall 2nd Floor or appointments by telephone call 812-237-3939.

HOURS

ACADEMIC YEAR

Monday –Thursday:

8:00 a.m.–5:00 p.m.

Friday:

8:00 a.m.–4:30 p.m.

SUMMER

Monday–Friday:

8:00 A.M.–4:30 P.M.

ISU Student Counseling Center

Like our Facebook Page:
<https://www.facebook.com/#!/IndianaStateUniversityStudentCounselingCenter>

Visit our web page at:
<http://www.indstate.edu/cns/>

Learning effective means of:

- Dealing with stress
- Time management
- Increasing self-confidence
- Understanding & dealing with emotions
- Setting appropriate goals
- Making healthy decisions
- Understanding & dealing with eating disorders
- Understanding & dealing with alcohol/drug abuse
- Resolving inner conflicts
- Developing independence
- Improving self-esteem
- Ending relationship violence



ISU Student Counseling Center

Gillum Hall 2nd Floor
Indiana State University
217 North 6th Street
Terre Haute, IN 47809

ISU Student Counseling Center



Mission:

The mission of the Indiana State University Student Counseling Center is to provide ISU students with timely and effective mental health services that allow them to improve and maintain their mental well-being and therefore to meet their educational, personal, emotional, and psychological goals. We also provide outreach and consultation services that help create supportive learning and living environments, while at the same time addressing students' developmental needs to help them become effective and productive citizens.

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<http://www2.indstate.edu/cns/>

COUNSELING

WHAT IS COUNSELING?

Counseling is a process during which students can discuss any matter of concern with a trained therapist. It is a special relationship with someone who knows how to listen, help resolve issues, and facilitate growth.

WHY COUNSELING?

At some point in most people's lives there is a need for help in resolving conflicts, anxieties, and frustrations. Counseling can provide another means of learning while in college and is available to help students succeed in reaching their personal and academic goals. Students may request counseling for some of the following reasons, to learn:

- ◆ Stress management
- ◆ Self-esteem improvement
- ◆ Test anxiety and concentration skills
- ◆ Effective means to relate to others (friends, parents, teachers, etc.)
- ◆ How to deal with disappointment, loss and other changes
- ◆ Effective means for achieving academic and personal goals

ELIGIBILITY FOR SERVICES

Currently enrolled ISU students are eligible for services at the Counseling Center.

COST

The standard fee for counseling services is \$60 per academic year. The standard fee for services during the summer session and for spring semester only is \$30. Fees will be billed as a **student wellness fee to the student's bursar account.**

CONFIDENTIALITY

All counseling sessions and contacts with the Counseling Center are kept in strict confidence as delineated by the American Psychological Association Code of Ethics and Indiana State Law.

SERVICES AVAILABLE

PERSONAL COUNSELING: trained therapists are available to help students work through personal concerns and learn new stress coping strategies. Substance abuse services include assessment, treatment and programming. Counseling can provide a means of learning how to achieve personal goals more effectively.

GROUP COUNSELING: Groups are offered that focus on developing effective personal and social skills and resolving personal concerns. Typical topics include: substance abuse, anxiety, eating disorders, relationship issues, self-esteem, depression, etc.

ALSO-

- ◆ PSYCHIATRIC SERVICES
- ◆ PSYCHOLOGICAL TESTING
- ◆ VETERAN'S SERVICES
- ◆ HEALTH ADVISEMENT

CONSULTATION

Therapists are available to the entire ISU community to offer insights on how to be most helpful to students.

REFERRAL

When students request services which are beyond the role and scope of the Counseling Center, referral to other agencies or professionals is provided.

STAFF

The ISU Counseling Center Staff consists of professionally trained and experienced therapists with advanced degrees and credentials in the field. Doctoral and Master level students provide some counseling services at the Counseling Center under the supervision of the professional staff. Bachelor level students provide case management.

Director:

Kenneth Chew, Psy.D., HSPP

Associate Director:

Trista Gibbons, M.A., LMFT

Staff Psychologist/ Coordinator

Paula Turner, MFT, Ph.D.

Staff Psychologist:

Suelyn Mahan, Ph.D., HSPP

Staff Counselor:

Melissa Grinslade, MSW, LCSW

Associate Director of Student Wellness:

Janet Weatherly, MPH, CHES

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