

SUL ROSS STATE UNIVERSITY

A Member of the Texas State University System

SRSU Policy Name: Counseling and Accessibility Services

SRSU Policy ID: FH 3.09

Policy Reviewed by: Executive Vice President and Provost

Approval Authority: President of the University

Approval Date: April 12, 2023

Next Review Date: April 12, 2028

Counseling and Accessibility Services at Sul Ross State University provides a supportive environment that helps facilitate positive change and promote mental health and emotional well-being on campus. The primary goals are to promote student success and for Sul Ross State University to be a safe, healthy learning environment for all involved—students, staff, and faculty. These services help students to resolve personal difficulties and to acquire the skills, attitudes, abilities, and knowledge that will enable them take full advantage of their college experience.

Counseling Services

- Brief, short-term individual and group counseling
- Workshops, presentations, and activities promoting mental health on campus
- “Don’t Cancel That Class” program topics include
 - *Mental health awareness
 - *Test anxiety
 - *Communication skills
 - *Test taking/study skills
 - *Healthy relationships
 - *Stress management
 - *Time management
 - *Conflict resolution
- On-campus and online mental-health screenings
- Staff/faculty training regarding mental health issues and referral process
- Consultation services for staff and faculty
- Comprehensive referral network to off-campus providers
- Crisis intervention

Counseling and Accessibility Services

Ferguson Hall Rm. 112

Open Monday-Friday 8 a.m.-12 p.m. and 1 p.m.-5 p.m.

Contact us: phone 432-837-8203, fax 432-837-8363

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This office is staffed with licensed professional counselors. Services are confidential and free of charge to students, staff, and faculty of Sul Ross State University.

Confidentiality

Professional ethical codes and state and federal laws consider the personal information discussed in counseling to be confidential. All information gathered in counseling, including the fact that someone has come to counseling, is held in strict confidence. Exceptions to this will be discussed by the counselor.