

The University Counseling Center supports the well-being of individual students and the campus community through a broad spectrum of mental health services. The Center is staffed by a diverse team of professional counselors committed to recognizing students' unique needs and experiences.

Students in need of services are seen for an initial screening appointment within 2 business days. Screening appointments are designed for quick access and allow counselors to determine the services that best meet each student's needs.

Services students may receive include:

- Self-guided mental health resources
- Group counseling
- Short-term individual counseling
- Referral to a community provider

The University Counseling Center also offers:

Emergency Services: Urgent-care is available for students experiencing a mental health crisis by calling or visiting the Center. After-hours emergency services are offered in coordination with GVPD and Housing and Residence Life.

Connection & Consultation: Faculty are often among the first to notice when a student is struggling with their mental health. While the University Counseling Center cannot contact students to initiate care, counselors are available to consult if you have concerns about a student or member of the campus community.

Outreach/Prevention Services: Workshops and events are scheduled throughout the year and provide knowledge, skills, and resources to support students' mental health. Additionally, UCC staff are available for classroom presentations, faculty trainings, and academic collaborations. Please visit www.gvsu.edu/counsel/outreach for more information.

Alcohol and Other Drugs Services (AOD): AOD supports students in making healthy and safe choices related to alcohol, marijuana, and other drugs. On-campus recovery meetings and individualized care are available for those who wish to change their relationship with substances.

Did you know?

Depression and anxiety are the most common mental health concerns at GVSU and across the country. Research indicates that 24% of students experience depression and 32% of students experience anxiety that has negatively impacted their academic performance.

DOWNLOAD THE GV MENTAL HEALTH SMARTPHONE APPLICATION

The *GV Mental Health* smartphone application is designed to provide faculty/staff with resources to support the mental health needs of GVSU students. It is mental health information at your fingertips whether in the classroom, office, or at home.

To download, visit www.gvsu.edu/counsel/gvmentalhealth or search "GV Mental Health" in the Apple App Store or Google Play.



Scan the QR code with your smartphone camera