How does counseling work?

The initial session includes paperwork (contact information, consent forms, etc.) and a meeting with a counselor to collect background information about each situation and concern. Counselors work with students to determine the best action plan for individual needs. Some students meet only once or twice to consult about a situational concern. For others, ongoing individual counseling sessions may be appropriate. If a specialist is needed, students are referred to practitioners from a large network of community resources.

Is counseling confidential?

Yes. We are required by professional ethical standards to protect clients’ privacy. Except for certain rare legal situations, all CWS information is confidential and cannot be released to anyone without the student’s written permission.

How can I help someone who is in distress?

- Be honest and express your concern.
- Listen and offer emotional support.
- Show that you believe and understand what is being said.
- Ask directly about thoughts of suicide.
- Link him or her to a professional who can help.
- Offer to accompany them to CWS. Call to let us know you are bringing someone.
- Stay with the person until help is arranged.
- If it is an emergency, call 911.
- Report sexual misconduct on campus at www.stthom.edu/dos

Resources

On Campus

University Police 713-525-3888
Dean of Students & Title IX Coordinator 713-525-3570
Residence Life 713-525-3836
Assistant Dean of Students 713-525-3512
Dean of Students deanofstudents@stthom.edu
Student Affairs studentaffairs@stthom.edu
Campus Ministry 713-525-3589
Veteran Success Center 713-525-2101
Access & Disability Services 713-525-3546

Off Campus

Emergency 911
Crisis Hotline 832-416-1177
Crisis Hotline (en Español) 713-526-8088
Suicide Prevention Lifeline 1-800-273-TALK
Veterans Crisis Line 1-800-273-8255 Option 1

UT Harris Co. Psychiatric Center 713-741-5000
The Harris Center for Mental Health and IDD 713-970-8400
Mental Health America Houston 713-523-8963
National Sexual Assault Hotline 1-800-656-HOPE
Houston Area Women’s Center (HAWC) 713-528-2121

University of St. Thomas Counseling & Wellness Services Crooker Center, 2nd floor 3800 Montrose Blvd. | Houston, TX 77006 713-525-2169 | cws@stthom.edu

Counseling & Wellness Services

Part of the Mendenhall Achievement Center stthom.edu/counseling
COMMON REASONS STUDENTS SEEK HELP

I. WHY DO STUDENTS SEEK COUNSELING AT CWS?

Students may seek help for a variety of personal concerns and other emotional issues. Sometimes life events can be overwhelming. CWS can be a good resource to help students cope and build resilience.

Common Reasons:

- Transition to college and academic concerns
- Feeling stressed or anxious
- Feeling moody, irritable, depressed or hopeless
- Expressing loneliness or grief
- Relationship concerns
- Difficulties with friends or roommate(s)
- Concern about a friend’s mental health
- Domestic or dating violence
- Worry about a family problem
- Experiencing problems with alcohol and/or drugs
- Sleep disturbances
- Eating disorders
- Worry about life after graduation
- Trouble coping with a traumatic event
- Thoughts of death or suicide

II. IS MY PROBLEM TOO SMALL TO TALK ABOUT WITH A COUNSELOR?

Student concerns are important. Many students experience adjustment issues at some point during college and would benefit from meeting with a counselor. Often one or two consultations regarding situational concerns can make a big difference. Not all problems require ongoing counseling.