Student Health and Counseling Services (SHCS)
The mission of the University of Memphis Student Health and Counseling Services is to empower students to make informed healthy choices and to take responsibility for a goal of lifelong wellness, to provide personalized health services, education and disease prevention to a diverse student population; and to enhance academic achievement, personal growth, and out of the classroom learning.
Health Center
Access and Eligibility

• Must be currently enrolled for the semester

• Appointments available on my patient portal
  • Memphis.edu/health

• Limited walk-in hours

• No charges for access
Services

- Treat some illnesses and minor injuries or referred out after being seen
- Family Planning Clinic and STI Clinic
- Small dispensary for prescriptions at a nominal charge
- Minimal charge for some labs tests but student is notified of any charges before procedure or test is performed
Counseling Center
1 in 5 people experience a mental health condition
Stigma is #1 reason that prevents people from seeking treatment
Things you can do:
• Learn more about mental health
• See the person, not the condition
• Take action with outreach services and encouraging students to seek help
• Share resources at memphis.edu/counseling/wellness-and-resources
Access and Eligibility

- Students enrolled in 6 credit hours are eligible for 12 individual sessions per academic year (6 fall and 6 spring)
  - 1 credit hour for Summer
- Group Therapy is unlimited
- Services are free or at minimal cost
  - Mempshis.edu/counseling
Services

- Individual Counseling
- Couples Counseling (Partners, roommates, family, friends)
- Career Counseling
- Group Therapy
- Testing for Learning Disabilities, ADHD, and Personality for fee
- Psychiatric medication services
- Outreach
- Relaxation Zone
Referrals

• Directing eligible students to the counseling center/health center website for an appointment

• Calling with the student during business hours to assist them with getting set up with services

• Consultation is available if a faculty/staff is concerned about a student to be connected with an available therapist liaison

• *Follow ups are not guaranteed unless a student consents and fills out information about the party referring them to the Counseling Center and/or Health Center*

• *No one can know that a student even made an appointment or have ever been in counseling without THEIR written permission*
Outreach Services

What is Outreach?

• Education and promotion of well-being
• Prevention and awareness for wellness, mental health, etc.
• Presentations from 15 min to 1 hr
• Requests by student group, departments, faculty, and staff (online)
• Give us a 2-week notice
• No fee
• Presentation, Workshops, Tabling events

Victoria Jones, LCSW, Outreach Coordinator
  • vmaher@memphis.edu
Trainings and Workshops Offered

- Adjusting to Life on Campus
- Anxiety/ Stress Management/ Stress Busters
- Athletic Team Building
- Balancing Work, Life, and School
- Building Stronger Brains Tennessee-ACES awareness and trauma informed
- By Stander Intervention
- Consent
- Coping with Grief and Loss
- Counseling Center Services
- Dealing with Distressed, Disturbed, Disruptive, and Potentially Dangerous Students
- Diversity Issues
- Effective Communication
- Get Your Relax On Program
- Healthy Relationships/ Healthy Sexual Relationships
- Safe Zone
- Suicide Awareness and Prevention
- Wellness

*Trainings and workshops can be requested on the counseling center’s outreach webpage through Qualtrics*
Requesting Outreach Presentations

• Go to the Counseling Center website memphis.edu/counseling/
• Click on the “Outreach” tab
• Fill out the information in the request form
• Hit “Submit Request” at the end of the page when you are done
Social Media

• Twitter: @UofMSHCS
• Instagram: uofmshcs
• Facebook: University of Memphis Student Health and Counseling Services
• YouTube: University of Memphis Counseling Center
• Podcast: How to Deal
### SHCS Contact Information

#### Relaxation Zone & Oasis Room

**Relaxation Zone - Closed**
- Monday to Friday
  - School Year 9:00-4:00
  - Summer Hours 10:00-3:00
  - Brister Hall 302
  - 901.678.2068
  - Memphis.edu/counseling/relaxation-zone

**Oasis Room - Closed**
- Monday to Friday
  - 10:00-3:00
  - Wilder 211
  - 901.678.2068
  - 901.504.6442
  - 901.468.3633

#### Counseling Center

- Monday to Friday
  - 8:00 a.m. -4:30
- Summer Hours
  - Monday to Friday
  - 10:00-4:30
- Walk-In Hours
  - Monday- Friday 10:00-3:00
  - Wilder Tower 214
  - 901.678.2068
  - 901.504.6442
  - 901.468.3633
  - After hours crisis emergency
    - 901-678-4357 (HELP)
    - Memphis.edu/counseling

#### Health Center

- Appointments
  - Monday to Friday
  - 10:00-3:30
  - Last patient checked in by 3:30
  - MyPatient Portal
    - memphis.edu/health
- Walk in Hours
  - Mon, Wed, Thurs, Friday
    - 8:00-10:00
  - Tuesday
    - 9:00-10:00
  - 200 Hudson Health Center
  - 901.678.2287
  - Memphis.edu/health
Welcome to the U of M Family!