

Student Health and Counseling Services (SHCS)



Our Mission



*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

stigmafree

- 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

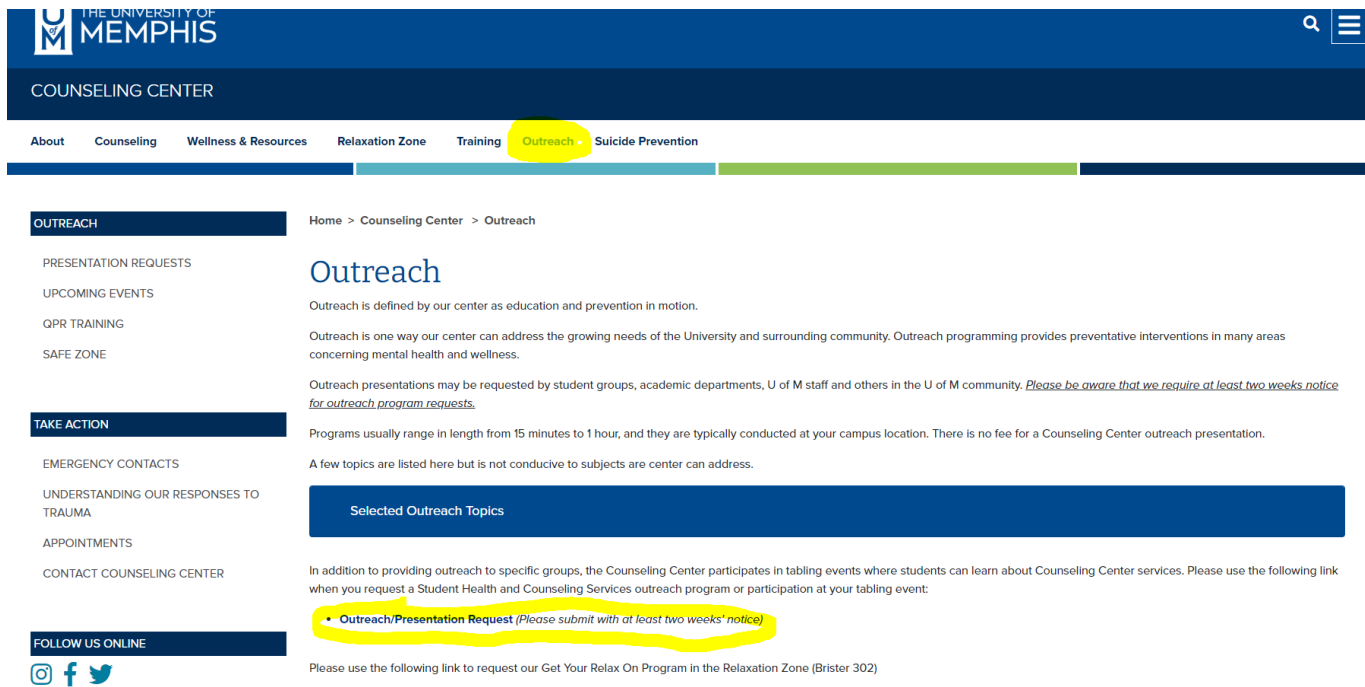
- Adjusting to Life on Campus
- Anxiety/ Stress Management/ Stress Busters
- Athletic Team Building
- Balancing Work, Life, and School
- **Building Stronger Brains Tennessee-ACES awareness and trauma informed**
- By Stander Intervention
- Consent
- Coping with Grief and Loss
- Counseling Center Services
- 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



The screenshot shows the Counseling Center website with the 'Outreach' tab highlighted in the navigation bar. The page title is 'Outreach' and it includes a breadcrumb trail: Home > Counseling Center > Outreach. The main content area describes outreach as education and prevention in motion, noting that presentations may be requested by student groups, academic departments, U of M staff, and others. It specifies that programs usually range from 15 minutes to 1 hour and are conducted at campus locations. A section titled 'Selected Outreach Topics' is highlighted with a yellow box. Below this, a link is provided for requesting a Student Health and Counseling Services outreach program or participation at a tabling event. The link is highlighted with a yellow box and reads: '• Outreach/Presentation Request (Please submit with at least two weeks' notice)'. At the bottom, a note states: 'Please use the following link to request our Get Your Relax On Program in the Relaxation Zone (Brister 302)'.

THE UNIVERSITY OF
MEMPHIS

COUNSELING CENTER

About Counseling Wellness & Resources Relaxation Zone Training **Outreach** Suicide Prevention

OUTREACH

PRESENTATION REQUESTS
UPCOMING EVENTS
QPR TRAINING
SAFE ZONE

TAKE ACTION

EMERGENCY CONTACTS
UNDERSTANDING OUR RESPONSES TO TRAUMA
APPOINTMENTS
CONTACT COUNSELING CENTER

FOLLOW US ONLINE

Instagram Facebook Twitter

Home > Counseling Center > Outreach

Outreach

Outreach is defined by our center as education and prevention in motion.

Outreach is one way our center can address the growing needs of the University and surrounding community. Outreach programming provides preventative interventions in many areas concerning mental health and wellness.

Outreach presentations may be requested by student groups, academic departments, U of M staff and others in the U of M community. *Please be aware that we require at least two weeks notice for outreach program requests.*

Programs usually range in length from 15 minutes to 1 hour, and they are typically conducted at your campus location. There is no fee for a Counseling Center outreach presentation.

A few topics are listed here but is not conducive to subjects are center can address.

Selected Outreach Topics

In addition to providing outreach to specific groups, the Counseling Center participates in tabling events where students can learn about Counseling Center services. Please use the following link when you request a Student Health and Counseling Services outreach program or participation at your tabling event:

- **Outreach/Presentation Request (Please submit with at least two weeks' notice)**

Please use the following link to request our Get Your Relax On Program in the Relaxation Zone (Brister 302)



Counseling Center Outreach/Presentation Request

Thank you for your interest in requesting an outreach program/ presentation from Student Health and Counseling Services. We strive to accommodate most requests we receive; however, please be mindful that we need at least **2 weeks** notice.

After your submission, you can expect a reply from our outreach coordinator to finalize scheduling.

Thank you and be well!

Date of Request

08/15/2019

Department/Organization

Contact person's name



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-

Monday, Wednesday, and Friday

- Appointments only 12:00-3:00
- Website will host sign up genius link for scheduling appointments
- Brister Hall 302
- 901.678.2068
- Memphis.edu/counseling/relaxation-zone

Oasis Room-

Tuesday and Thursday

- Appointments only 12:00-3:00
- Website will host sign up genius link for scheduling appointments
- Wilder 206 A (room between stairs and elevators)
- 901.678.2068
- Memphis.edu/counseling/relaxation-zone

Counseling Center

- Appointments
 - Monday to Friday
 - 8:00 am- 4:30 pm
 - *Evening hours in Fall and Spring semesters will vary, check website for most up to date hours*
- Walk-In Hours
 - Monday- Friday 10:00-3:00
- Wilder Tower 214
- 901.678.2068
- 901.504.6442 (remote number)
- 901.468.3633 (remote number)
- After hours crisis emergency
 - 901-678-4357 (HELP)
- Memphis.edu/counseling

Health Center

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

Welcome to the U of M Family!

