The Role of Mental Health in Student Success

Presented by the staff of the Texas State Counseling Center
LBJ Student Center 5-4.1
512-245-2208
www.counseling.txstate.edu
While college is exciting, there are adjustments to be made in the first year that can be stressful.

- Academic demands are greater
- New environment, no matter where you’re from
- Personal changes that are part of ongoing development at this age
NSO

Prevention Tools

• Practice basic self-care
  • Sleep
  • Eat
  • Stay active

• Build and keep connections

• Abundance of university resources
  • Student Learning and Assistance Center (SLAC)
  • Student Health Center
  • Student Involvement
  • Pace Peer Mentoring (1st year)
  • Bobcat Bond (2+ year)
But it may not be “just” stress...

- Exaggerated emotional responses
  - Excessive worry
  - Frequent crying
- Communications about hopelessness, depression, or suicide
- Radical change in behavior
  - Major change in appetite
  - Sleep changes
  - Social withdrawal
  - Little interest or pleasure
  - Energy changes
  - Missing class
  - Alcohol and/or other drug abuse

*Traditional college age, 18-24, is a common period for the onset of mental health concerns in the general population*
What’s a Family to Do?

Listen!
Ask!
Act!
Consult!
Share!
Encourage!
Follow up!
Counseling Center Services

What We Do

• Individual Counseling
  • Time-effective
  • Approx. every two weeks
• Group Counseling
• Urgent Services & Crisis Response
• Educational Programming & Outreach
• Consultation & Therapy Referral Services
• Psychiatric Referrals
• Self-Help Resources

What We Don’t Do

• Long term therapy
• Conditions requiring specialized treatments
• Academic advising
Accessing Our Services

- Students can use online scheduling (non-crisis appointments) or call our office to set up an Initial Consultation.
- There are no additional charges for counseling services.
- All services are confidential as mandated by law and professional ethical standards.

The Counseling Center website has detailed information on accessing services, scheduling, locations, and much more.

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If your student is already receiving mental health services...

- Consult with current providers.
- Consider maintaining current psychiatric services for availability and continuity.
- Consult with Counseling Center Referral Specialist or see resources on our website to locate a community provider for individual counseling.
- Visit the Counseling Center website for workshops that may be appropriate for your student.
CC Website Resources

Counseling.txstate.edu

- Family page (página para la familia en Español)
- Videos, podcasts, audio tracks, app recommendations and recorded presentations
- Suicide prevention information
- Mental health resources
- Apps for mental health and relaxation
Your student’s turn to hear our message

- The Counseling Center is part of the Bobcat Welcome programming before classes start
- We will be sharing the message about good mental health for college success and life
Wellness for a Lifetime

College, like life, is full of joys, disappointments, challenges, successes and many transitions. Establishing skills for wellness now will serve your student for a lifetime.
Thank You

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