

Counseling and Mental Health Center

Connect • Empower • Thrive

MENTAL HEALTH SERVICES

Office Hours: Monday 9 A.M. - 5 P.M., Tuesday - Friday 8 A.M. - 5 P.M.

All counseling is confidential and most services are free. Services are available in person and via telehealth.

INDIVIDUAL THERAPY

Safe, non-judgmental space to process mental health concerns that can include, but not limited to: anxiety, depression, relationship issues, stress, family difficulties, grief & loss, substance use, eating disorder, cultural/identity concerns or adjusting to UHCL.

PSYCHIATRY

Receive psychiatric treatment and medication management from psychiatric provider. Small fee.

COUPLES THERAPY

Collaborate with your partner to strengthen your bond. Available to students in diverse relationships. Only one partner must be a UHCL student.

CRISIS INTERVENTION

For urgent psychological help, call 281-283-2580 (press 2), contact the 24/7 Suicide Prevention Line at 988, text HOME to 741741, dial 911, or visit the ER.

GROUP THERAPY

Four to eight students meet weekly with therapist(s) to talk about their concerns and receive support, skills, and insight.

Current groups include:

Understanding Self and Others	Mondays	1 - 2:15 p.m.
Understanding Self and Others	Mondays	3 - 4:15 p.m.
Eating Concerns	Wednesdays	1 - 2:15 p.m.
ACT for Anxiety and Depression	Wednesdays	3 - 4:30 p.m.
Autism Spectrum Disorder	Thursdays	10 - 11:15 a.m.
Understanding Self and Others	Fridays	10 - 11:15 a.m.

Start services by visiting or calling:

SSCB 3.103

281 - 283 - 2580

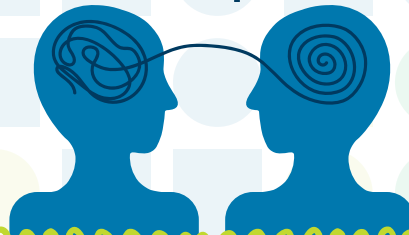
For more information visit:

www.uhcl.edu/cmhc

Instagram: @uhclcmhc

Does Therapy Work?

- 98% reported that services helped them feel more supported by or connected to UHCL
- 92% saw reduction in symptoms
- 96% of group therapy clients report satisfaction with their group therapy experience



- 98% satisfied with therapist
- 96% satisfied with psychiatry services
- 93% improved self-esteem/self worth/self-image
- 96% saw an increase in quality of life functioning

Any individual requiring an accommodation in order to participate in this event or utilize these services will need to contact the Counseling and Mental Health Center at 281.283.2580 in advance.

UHCL

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SSCB 3.103 | 281.283.2580 | www.uhcl.edu/cmhc

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Helping Hawks

FREE SELF-DIRECTED SERVICES

Office Hours: Monday 9 A.M. – 5 P.M., Tuesday – Friday 8 A.M. – 5 P.M.

Use your UHCL credentials to access services below.

WELLTRACK BOOST

App and website with tools and courses to identify, understand and address anxiety, stress, depression, public speaking, sleep issues and resilience.



TOGETHERALL

An anonymous online peer-to-peer community to share feelings and connect with others. Supported by licensed mental health practitioners.

THE MIND SPA

Biofeedback and relaxation space in our main office and available during regular business hours. Services are available for students, faculty and staff.

Biofeedback Lab:

Learn to manage heart rate through guided breathing to decrease stress and increase relaxation

Mind Spa Amenities:

Massage chair
Aromatherapy
Sound machine
Yoga mat
And so much more!

ONLINE SELF-HELP

Guided Imagery and Visualization

Video and audio recordings to decrease stress and anxiety and effectively cope with difficult situations.

Online Anonymous Mental Health Screener (CCAPS)

Assess for potential depression, generalized anxiety, social anxiety, academic distress, eating concerns, hostility, substance use and family distress.

Dialectical Behavioral Therapy (DBT) Skills Videos

A therapeutic approach that helps you live in the present, develop healthy coping skills, manage your emotions, and improve your relationships.

iROLLY

Self-improvement visual display with related worksheets. Topics change monthly. Located in the Bayou Building Atrium I, the SSCB Lobby and the STEM and Classroom Building Lobby.

UPCOMING EVENTS AND WORKSHOPS

The Clothesline Project
April 2024

Let's Talk Tuesdays
12 p.m. – 1 p.m.
SSCB Lobby

Couples Workshop
April 20, 2024

C.E.r.T. Dates:
April 5
May 13



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