

# 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.

**Start services by visiting or calling:  
SSCB 3.103 | 281-283-2580**

For current group offerings, visit:

[www.uhcl.edu/cmhc](http://www.uhcl.edu/cmhc)

Instagram: [@uhclcmhc](https://www.instagram.com/uhclcmhc)

### 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 disorders, cultural/identity concerns or adjusting to UHCL.

### COUPLES THERAPY

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

### GROUP THERAPY

Four to eight students meet weekly with therapist(s) in process-oriented and skill-based groups (e.g. Understanding Self and Others, Autism Spectrum Disorder, ACT for Anxiety and Depression, etc.) groups. Interested? Contact CMHC at 281-283-2580 press 1 for more information.

### CRISIS INTERVENTION

For urgent psychological help, walk in during business hours or call us at 281-283-2580 (press 2), contact the 24/7 Suicide Prevention Line at 988.

### Does Therapy Work?

- 99% of clients report being satisfied with their therapist
- 97% experienced an increase in the quality of their life functioning
- 94% experience reduction in negative thinking
- 92% improved relationships



- 93% experience better problem solving/decision making skills and improved coping skills
- 91% experienced improved self-esteem/self-worth/self-image
- 96% of clients indicate that counseling had helped their academic performance

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 or via email at [cmhc@uhcl.edu](mailto:cmhc@uhcl.edu) in advance.



Counseling and  
Mental Health Center  
Student Affairs



[@uhclcmhc](https://www.instagram.com/uhclcmhc)

# Counseling and Mental Health Center

*Helping Hawks*

## FREE SELF-DIRECTED SERVICES

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

Visit SSCB 3.103, or call 281-283-2580.

### 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 mats  
And so much more!

### WELLTRACK BOOST



App and website with tools and courses to identify, understand and address anxiety, stress, depression, public speaking, sleep issues and resilience. Use your UHCL email to sign in.

### 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.

### C.E.r.T. TRAINING

Learn skills you can use to support others in our community who may have a mental health concern. Sign-up for our customized Mental Health Awareness program to gain vital skills in recognizing signs, providing support and reducing stigma. Email our Center ([cert@uhcl.edu](mailto:cert@uhcl.edu)) to register and reserve your spot for any of our upcoming training sessions.

## EVENTS AND WORKSHOPS

CMHC  
Psychoeducation  
Topic of the  
Month

Thrive  
Together  
Wellness Fair

Let's  
Talk

C.E.r.T.  
Training



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