

Texas A&M University Kingsville

Student Health and Wellness, Counseling Services

<https://www.tamuk.edu/shw/counseling-services/index.html>

Personal Counseling

Student Health and Wellness, Counseling Services, offers individual personal counseling focusing on short-term treatment goals in order to facilitate adjustment, improve functioning, and address acute symptoms that may impede student success. Personal stressors may include issues such as relationship difficulties, self-esteem issues, depression, stress, suicidal thoughts, and/or any other issue causing distress. Psychological screenings and assessments may be utilized to aid in the counseling process and to gather the information that will enable you and your clinician to set appropriate treatment goals. If your needs are outside of the scope of TAMUK resources, we will help you to access other appropriate campus or community resources.

Services are available to TAMUK students who are currently enrolled during the academic session. Sessions are free and confidential to the full limits of the law. Students are responsible for keeping all scheduled appointments.

Student Health and Wellness, Counseling Services offers both face-to-face and Tele-Mental Health counseling appointments. Tele-Mental Health is delivered through the HIPAA secure platform ZOOM.

Relaxing Moment Massage Chair and Mindfulness Sessions

The 30-minute session includes:

- Aroma Therapy
- Breathing Techniques
- Guided Imagery
- AntiGravity massage recliner chair
 - The recliner has 10 massage styles to help reduce back stiffness, dissolve muscle stress, invigorate the spine, and balance your circulation

Group Counseling/Wellness Workshops

Psycho educational counseling groups and workshops are offered throughout the semester.

Topics and vary. Call for more information regarding dates and times of upcoming events
361.593.5080

Let's TeleTalk Tuesdays – informal consult

Let's TeleTalk Tuesdays is a program that provides currently enrolled students easy access to informal, confidential, one-on-one, 15-20 minute consultations with a Student Health and Wellness counselor. A Let's TeleTalk counselor can help you determine whether formal counseling would be useful for you and assist you in scheduling an appointment.

Consultations are offered during the Fall and Spring semester on Tuesdays from 4 p.m. to 5 p.m. via Zoom: <https://tinyurl.com/y69cbqsk>

Let's TeleTalk consultations are:

- Free of charge
- Confidential
- Offered on a first-come, first-served basis
- Brief and informal (not a clinical service and not a substitute for ongoing counseling)

Let's TeleTalk is often the best fit for those students who:

- Are not sure about counseling and wonder what it is like to talk with a counselor
- Are not interested in on-going counseling but would like to briefly get a counselor's perspective on a topic
- Have a concern about a friend and want some guidance on what to do

U-Turn – Academic Program

- **The U-Turn program** is offered to students who are interested in collegiate success. The Learning and Study Strategies Inventory (LASSI) is utilized in the U-Turn Program to help identify your academic strengths and growth edges. Session topics include but are not limited to goal setting, personal values, time management, note-taking skills, study methods, test-taking tips, and test anxiety.
- **What is it?** The U-Turn program is a holistic approach to academic counseling because we don't just focus on academic enhancement. Personality discovery and career exploration are other components of this program. We use several assessments within the program to help explore the different aspects of a student.
- **Who can participate in the U-Turn Program?** Anyone interested in collegiate success or who feels their academic success can be improved can participate in the program. Counseling Services partners with programs and services in the TAMUK Community to assist with academic recovery.
- **Duration of Program:** The U-Turn Program generally consists of 3 - 5 sessions (50 minutes each) The appointments are scheduled weekly or bi-monthly.
- Interested students can call Student Health and Wellness (361) 593-8050 and ask to set up a U-Turn appointment.
- Appointments are offered face-to-face or through our tele-mental health platform Zoom.

POWER – Resiliency Program

- **The POWER program is a holistic wellness, emotional intelligence, and life skills development program.**
 - Improve your overall wellbeing, learn more about yourself, and interact with the world around you.
 - The program consists of 3 - 5 sessions (One session per week; each session is 50 minutes).
 - Appointments are offered face-to-face or through our tele-mental health platform Zoom.
 - The Skills for Career And Life Effectiveness® (SCALE®) is given to gain insight into multiple components of healthy living, communication, and success.
 - Small practice activities are given to provide additional reflection.
 - It's free and confidential.
- Benefits of attending:

- Improve connections
- Improve time management skills
- Develop relationships
- Increase communication skills
- Develop/Increase assertion skills
- Develop/Improve leadership skills
- Increase self-esteem
- Stress management
- Decision-making skills
- Learn how to make a positive influence

DAAPP – Drug and Alcohol Prevention Program

What is it?

- The **DAAPP** program is a one-on-one alcohol and/or other drug prevention and education program.
- This is not an abstinence-only program. Instead, this is a harm reduction approach to using alcohol and other drugs.
- The program consists of 4-5 sessions (One session per week; each session is 50 minutes). Appointments are offered face-to-face or through our tele-mental health platform Zoom.
- The SASSI® (Substance Abuse Subtle Screening Inventory) and the E-Check Up for Marijuana and Alcohol are given to gain insight to help identify the probability of developing a substance dependence disorder.
- It's private and confidential.
- Improve your overall wellbeing, learn more about yourself, and interact with the world around you.

Benefits:

- Identify your personal concerns
- Implement goals
- Increase self-esteem
- Shatter myths
- Avoid harmful consequences
- Reduce risky behavior
- Increase decision-making skills
- Identify personal values

Next Steps – Career Counseling

- The Next Steps Career Counseling Program is designed to assist students who are unsure of their major, unsure of their career, or unsure of their future goals or plans. Counseling Services helps students explore the possibilities and create a plan to achieve personal objectives.
- The program utilizes the FOCUS-2, which is an online, interactive career & education planning system that combines self-assessment, career exploration, and decision making into one comprehensive program. FOCUS-2 helps to map out a career path and select the right major area of study to support career goals.
- The program consists of 3 – 5 sessions, is free and confidential to all currently enrolled students. Appointments are offered face-to-face or through our tele-mental health platform Zoom.

- SHW Counseling Services partners with Career Services for seamless programming.

QPR: Suicide Prevention

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

- We can all save lives. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.
- The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.
- QPR can be learned in our Gatekeeper course in as little as one hour.

Upcoming dates and times may be found here: <https://calendar.tamuk.edu/>