



CENTRAL
STATE UNIVERSITY

Counseling Services



Student Health and Wellness Center

P: 937-376-6338

F: 937-376-6048

centralstate.edu



CENTRAL
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Always caring, listening, and confidential

Central State University Counseling Services has your back, offering extraordinary mental health services, including culturally responsive one-on-one counseling, stress management workshops, suicide prevention training, a relaxation room with massage chairs, a study resource room, a music room complete with a guitar, drumset and keyboard, and more. Our staff includes counselors, a grief expert, a trauma specialist, and a case manager.

You can call 937-376-6338 to make an in-person or virtual appointment, leaving a detailed, confidential message with your name, contact phone number, email, days you are available, and the date you called. Walk-ins are also accepted.

All services are confidential and free to Central State students.
In-person appointments: 9 a.m.-5 p.m. Monday-Friday

**If you or someone you know is struggling or in a crisis, call
937-376-6338, call or text 988, or chat at 988lifeline.org.**

Potential student concerns

- » Time management
 - » Adjusting to college life
 - » Substance use
 - » Death and grief
 - » Problems with classes
 - » Depression and anxiety
 - » Feelings of isolation
 - » Court-ordered counseling
 - » Conflict resolution
 - » Relationships
 - » Pregnancy and parenting
 - » Homesickness
 - » Sexual assault
 - » Career skills
 - » Study skills
 - » Loneliness
 - » Focus
 - » Spirituality
 - » Stress
- Your mental health is our priority.**

Empowering student success



Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.

— American Counseling Association

**All services are confidential and free to Central State students.
Appointments are preferred but walk-ins are welcome.**

Programs

Suicide prevention

Question, Persuade, Refer (QPR) Suicide Prevention is educational programming for students to recognize the warning signs of distress. It aims to raise the campus community's level of comfort and empathy in assisting those who feel suicidal.



Stress management

Stress is part of all our lives, and high stress can lead to negative health and academic outcomes. Managing stress is a useful skill to use throughout one's life.

The stress management workshop is designed to address how stress may impact student life. Participants will learn to identify how stress affects academic progress and social engagement and ways to handle stress and receive resources.

Counseling Services offers signature training programs designed to equip, empower, and inform individuals to effectively respond to someone who is experiencing a mental health crisis.

Programs

Support groups

Counseling Services offers various support groups, such as Self-Discovery, Recovery and Abstinence, Stress Management, and Resiliency. Licensed counselors facilitate open discussions, incorporating guest speakers with an emphasis on understanding how college may impact personal, psychological, and social well-being. Support groups promote awareness, education, and advocacy for individuals; diversity; and mental health in an inclusive, supportive, and safe environment.



Counseling Services' mission is to provide services that help Marauders maintain emotional well-being to achieve their goals.



Programs



Horticulture and individual therapy

Horticulture and individual therapy support students in social relationships; family connection; emotional needs; and moderate stress; and aim to reduce depression and anxiety.



The VIBE

The VIBE student organization supports lesbian, gay, bisexual, transgender, and queer-plus (GBTQ+) students, provides education and activities, and promotes a greater understanding of how Central State can be an LGBTQ+ ally campus.

Counseling Services offers signature training programs designed to equip, empower, and inform individuals to effectively respond to someone who is experiencing a mental health crisis.

Programs

Drug and alcohol prevention

Brief Alcohol Screening and Intervention for College Students (BASICS) is a harm-reduction screening and intervention approach for college students who are at risk of drug- and alcohol-related problems. BASICS helps students learn to make better decisions for educational success.

The Choices program provides drug and alcohol training for students to learn the risk factors and harmful effects of drugs, and they learn to reduce or abstain from drug and alcohol use. They also gain self-awareness and learn strategies for talking to peers about this issue.

Resilience

Resilience is an education program where students engage in personal reflection to motivate and support one another as they experience setbacks and life challenges. Students develop healthy belief systems, increased self-confidence, and a better understanding of themselves.

Counseling Services is available for departmental presentations and training. Contact our office at 937-376-6638 for information.

Programs

Relaxation room

Counseling Services houses the campus relaxation room, an environment that fosters positive coping skills. If you need to meditate, be still, regroup, or destress, stop by for time in our room designed especially for you.

Emerging Scholars

The Emerging Scholars program's mission is to educate, empower, and enlighten Marauders who do not have homes or are aging out of foster care.

Study room

Our study resource room is for students who need space for quiet study to prepare for tests, take exams, or use disability accommodations. The room contains computers, desks, tables, dry erase boards, a rocking chair for reading, and study resources for major subject areas. Students can use the room for one-on-one tutoring, study groups, and individual study.

Counseling Services supports the practice of self-care for all Marauders and friends.

Programs

Therapy dog Penny and Officer Blum



Central State's therapy dog, Penny, brings smiles to the faces of those on campus with University Police Officer Jeremy Blum. Penny is also available for cuddles and face kisses within the Counseling Services area of the Student Health and Wellness Center.

Counseling Services supports the practice of self-care for all Marauders and friends.

Programs

Safe Zone diversity training



Safe Zone is a 50-minute program to help make Central State University safer, more welcoming, and more inclusive of lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people. Safe Zone Ally is a 90-minute workshop that introduces participants to the experiences of LGBTQ+ people, homophobia, heterosexism, and definitions related to sexuality and gender identity.

By affiliating yourself with Safe Zone, you demonstrate that you will be an identifiable source of support and nurturance for LGBTQ+ students, faculty, and staff. Your participation sends a message to campus community members that you are available to listen and support them, whether they are members of the LGBTQ+ community, those questioning their sexual orientation or gender identity, or their loved ones.

All workshops are free and open to the campus community, and all are encouraged to participate. Attendees will receive a certificate and a Safe Zone ID card.

Central State Safe Zone is diversity training committed to making campus safer, more welcoming, and inclusive for LGBTQ+ students.

Programs

Campus outreach

Counseling Services-led orientations introduce new faculty and staff to Counseling Services and notify them of the referral process. We collaborate with Student Orientation, Advising, and Registration (SOAR) to help participants learn about the services we offer and how to access them.

Multicultural presentations explore the educational benefits of diversity and appreciation for differences. Students participate in open discussions in a safe environment.

International communications workshops provide resources on how to improve communication skills, create positive relationships between roommates, and explore roommate etiquette. Students learn assertiveness communication techniques and how to write a roommate contract.

Roommate Etiquette is a presentation for those who live in residence halls for the first time. It focuses on how to manage roommate conflicts and encourages establishing a roommate agreement.

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Programs

NAMI on Campus



Central State University NAMI on Campus is a student organization that advocates promoting mental health awareness and reducing stigma by providing activities such as movie and game nights, weekly information tables, art therapy, and much more. Counseling Services, the National Alliance on Mental Illness, and NAMI of Clark, Greene, and Madison Counties collaborate to support this organization.





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You are **not alone.**

The United States experienced one death by suicide every 11 minutes in 2020, according to the Substance Abuse and Mental Health Services Administration (SAMHSA), part of the U.S. Department of Health & Human Services. Mental health conditions do not discriminate, and everyone needs support at times. Suicide is a leading cause of death for people aged 10-34 years. United, we can all work to increase suicide prevention awareness and spot the signs of depression and other mental health conditions.

Our counselors are compassionate and non-judgmental, and all services are confidential. Thank you for entrusting us to serve you as you power through life's challenges. Remember, we are here for you.

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Counseling Services

Hours

**8 a.m.-5 p.m. Monday-Friday
and as needed**

Please call 937-376-6338 to make an appointment, leaving a detailed, confidential message with your name, contact phone number, email, days and times you are available, and the date you called.

Funded by Title III Grants Program
Central State University is an Affirmative Action/Equal Opportunity Institution.

Professional counselors provide crisis intervention; mental health assessments; academic and life skills coaching; individual, couples, group, alcohol, and other drug counseling; post-hospitalization follow-up care; classroom and residential hall seminars; support groups; and faculty/staff student referrals.

Contact us



O: 937-376-6338



F: 937-376-6048



Location

**Central State University
Health and Wellness Center**