

Counseling Center



About the Counseling Center

The Counseling Center (CC) provides free, voluntary and confidential services to undergraduate and graduate students at James Madison University. The CC is staffed by a multidisciplinary team of mental health professionals and clinicians-in-training.

The Center is located on the 3rd floor of the Student Success Center in Suite 3100. The CC is open 8 a.m. – 4:30 p.m., Monday through Friday. Walk-in hours for first visits are 10 a.m. - 3 p.m. Summer and academic break hours vary.

Counseling Center Services

- **During a First Visit**, students meet with a clinician to discuss treatment needs and receive resource recommendations.
- **Treatment Programs** present evidence-based skills and strategies over 3 sessions. They are one of the quickest ways to reduce symptoms and access clinical services.
- **Individual Counseling** services are brief and goal-oriented. Most students meet with a clinician for 3-5 sessions and typically spend time exploring a specific concern or issue.
- **Group Counseling** is a great way to address a variety of issues and can be the most effective treatment for certain matters. Groups typically focus on a specific shared experience, identity or symptom. Group participation can increase connection, understanding and support.

Visit jmu.edu/counselingctr for more information about JMU Counseling Center services.

Counseling Center Services (continued)

- **Psychiatric Services** may be provided to students who are referred by a CC clinician. Only students who are currently engaged in ongoing counseling treatment at the CC are eligible. Students exclusively interested in psychiatric services are provided an off-campus referral.
- **Consultation Services** are available to students, faculty, staff and others who are concerned about unusual, problematic or potentially harmful behavior of a JMU students. Call or stop in to talk to a CC clinician about your concerns and to develop ideas for dealing effectively with the situation.
- **Counseling Connections:** This outreach program is available to assist students who come to JMU with a history of mental health concerns. The program increases student and family awareness of the counseling and psychiatric services available on campus and in the local community and helps students to secure the necessary assistance required to make a successful transition into JMU.
- **Self-Care Spaces:** The CC also gives students free access to an expressive art room called The Studio and a relaxation space called The Oasis.
- **Sexual Trauma Empowerment Program:** The Counseling Center provides crisis, individual and group counseling to students who are survivors of sexual assault. JMU Advocacy services can include assistance with medical, judicial and legal referrals.
- **Wilderness Therapy Programs:** Offered in collaboration with the University Recreation Center, wilderness therapy trips are a unique platform to improve relational skills, build self-confidence and self-efficacy, and increase healthy coping skills.
- **Multicultural Peer Mentor Program:** This mentorship program assists multicultural first-year and transfer students in making a successful and effective transition to James Madison University.
- **Workshops:** A wide variety of mental health workshops and outreach events are offered throughout each semester.
- **Mental Health Emergency Services** (i.e., suicidal or homicidal thoughts or actions, sexual assault or other significant trauma) are available 24/7.
 - **During CC business hours:**

Visit the Counseling Center. A CC clinician will assess the situation and connect you with the appropriate services.
 - **After regular business hours:**

Call the Counseling Center (540) 568-6552 and press "1" to connect to the after-hours crisis line.

For more information, contact
Counseling Center
Student Success Center, Suite 3100
540-568-6552 • jmu.edu/counselingctr