The Counseling Center is here to help USI students develop the personal awareness and skills necessary to overcome problems, make effective decisions, and grow and develop in ways that will allow them to maximize their total educational experience at the University of Southern Indiana. We view outreach and programming as an integral part of this mission and an essential tool for prevention, wellness, and promotion of a supportive campus climate for all members of the USI community.

Event Calendar

The Counseling Center is hosting, co-sponsoring, or participating in a number of campus events throughout the academic year. We hope that faculty and staff will encourage student attendance and participation at these programs by offering extra credit for attending relevant events. Counseling Center staff members are happy to sign extra credit forms or provide sign-in sheets to track student involvement at the events for which we are the primary sponsor; please contact us at 812-464-1867 for more information.

The Counseling Center works to raise awareness of a particular safety or wellness topic during each month of the academic year. For each "awareness month" we strongly encourage you to come to the Center to get resources on the featured topic, participate in awareness-raising initiatives, and contact us to come speak with your organization, department or class on that month's topic.

*Please note that event locations are occasionally subject to change. We recommend that you check the Counseling Center's website on the day of the event to ensure that you have the most up-to-date information.*

**August:**

This month is *Services Awareness Month*, so take advantage of opportunities to learn more about the health-related resources available to you on campus!

26  Counseling Center Open House, @ Orr Center 1051, 3 p.m. – 5 p.m.

Drop in to the Counseling Center during our open house to enjoy some refreshments, meet the staff, get a tour of the newly-remodeled Center space, learn about our services, and discuss how we can work together to improve your USI experience.

31  Mindful Mondays: Introduction to Mindfulness, @ UC 2217-2218, 4 p.m. – 5 p.m.

Chances are good that at some point you have heard about mindfulness and its multiple benefits, like decreased stress and more restful sleep. However, you may never have had the opportunity to learn exactly what the practice of mindfulness is. This workshop will explain the basic concepts of mindfulness including what it is, why it works, and how it is implemented. *(Co-sponsored with Student Support Services and Housing & Residence Life)*

**September:**

Suicide is a major public health concern that touches many lives. More teenagers and young adults die from suicide each year than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined. In an effort to raise awareness of this issue, September is designated as *Suicide Awareness and Prevention Month*. Join us throughout the month in wearing yellow ribbons for suicide awareness, available at the Counseling Center, University Health Center and Dean of Students Office.
2 Student Involvement Fair, @ the Quad, 2 p.m. – 6 p.m.
Visit our table at Student Development’s annual Student Involvement Fair to learn more about Counseling Center services, gain some useful information on mental health and wellness, and get some freebies! (Rain date: 9/9/15)

10 World Suicide Prevention Day, day-long/campus-wide event
Information table @ Rice Library, 11 a.m. – 1 p.m.
September 10 is recognized annually around the globe as a day to raise awareness about the issue of suicide and its prevention. Visit the info table in Rice Library’s main entrance corridor to get your yellow ribbon for suicide awareness and pick up some resources on how you can help prevent suicide.

12 QPR Gatekeeper Suicide Prevention Training, @ Carter Hall, 9 a.m. – 11:30 a.m.
QPR stands for Question, Persuade, and Refer – 3 simple steps that anyone can learn to help save a life from suicide. 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. All members of the university community are invited to participate in this training, and separate concurrent sessions will be offered for students and faculty/staff. Space is limited and pre-registration for this event is required.

To register for either session please visit: https://www.usi.edu/outreach/lifelong-learning/usi-employee-development/qpr-training

14 Mindful Mondays: The Challenges of Mindful Studying, @ UC 2217-2218, 4 p.m. – 5 p.m.
Mindfulness practice allows us to focus and be present in the moment. Often when we study, we are distracted by other things around us which distracts us from concentrating on our course readings or assignments. This event will provide participants with ways to incorporate mindfulness into your study habits. (Co-sponsored with Student Support Services, Housing & Residence Life, and faculty from the Department of Social Work)

16 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.
The Multicultural Center and the Counseling Center have partnered for a monthly lunchtime event at which students come together to discuss the intersection of their diverse identities, political issues, and their personal experiences at USI. Pizza and beverages will be provided.

24 Mental health screenings, @ Rice Library, 3 p.m. – 5 p.m.
Join us in the 4th Floor Reading Room of Rice Library to take a brief, free and confidential screening for symptoms of depression, anxiety and Post-Traumatic Stress Disorder. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life; Recreation, Fitness & Wellness; and Rice Library)

28 Mindful Mondays: Becoming Your Own Friend, @ UC 2217-2218, 4 p.m. – 5 p.m.
Lao Tzu once said, “I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.” Most of us know how to show compassion to others, but often don’t allow ourselves the same care. This workshop will teach you ways to be kind to yourself so that you can cultivate your own treasure of compassion. (Co-sponsored with Student Support Services and Housing & Residence Life)
USI Wonderful World of Wellness Fair, @ Carter Hall, 8:30 a.m. – 3 p.m.

Come see the Counseling Center and dozens of other health and wellness providers at the annual USI Student & Employee Wellness Fair. We will be giving away freebies, offering mental health resources on a range of topics, and providing on-site mental health screening to assess for symptoms of depression and anxiety.

October:

Violence can be devastating in any context but it is particularly hurtful when it occurs in our closest relationships. October is designated as Domestic Violence Awareness Month as a time to educate ourselves about the prevalence and harm caused by interpersonal violence. Join us in wearing purple ribbons throughout the month to show your support for survivors of domestic violence. Ribbons will be available all month long at the Counseling Center, University Health Center and Dean of Students Office.

Mindful Mondays: A Mindful Approach to Coping with Stress, @ UC 2217-2218, 4 p.m. – 5 p.m.

The experience of stress is something to which we can all relate. Each of us has learned ways to manage this unpleasant experience whether it be by avoiding it, suppressing it, or distracting ourselves from it. Such coping strategies tend to be effective in the moment, but are commonly ineffective as a long term solution. This presentation will focus on understanding how the cultivation of mindfulness can help a person to not only decrease the intensity of their stress but also how to make a relationship with this very normal aspect of the human condition. (Co-sponsored with Student Support Services and Housing & Residence Life)

RFWC Live Well Series: Stress Management, RFWC Quiet Lounge, 5:30 p.m. – 6:15 p.m.

Stress can be good or bad, but it can become a serious problem if it gets out of hand. Join us for this installment in the RFWC’s Live Well Series in which Counseling Center staff will provide you with information about stress, why we have it, where it comes from, and how to develop your resiliency for managing stress effectively. (Sponsored by Recreation, Fitness & Wellness)

National Coming Out Day Celebration, day-long/campus-wide event

Information table @ Rice Library, 11 a.m. – 1 p.m.

National Coming Out Day (NCOD) is an annual commemoration held every October 11th to help raise awareness about LGBT issues and encourage folks to openly acknowledge and celebrate their sexual identity. Show your support and celebrate your own identity by joining us in proudly wearing your personalized NCOD sticker! Stickers can be picked up ahead of time at the Counseling Center, the Multicultural Center, and the Dean of Students Office. Stickers and info on LGBT issues will also be available today at a resource table in Rice Library’s main entrance corridor.

Flowers on the Lake, @ Liberal Arts front plaza, 4:30 p.m. – 5:30 p.m.

"Flowers on the Lake" is an event to honor victims and survivors of domestic violence, including the 60 Hoosiers per year on average who die at the hands of someone they love. Please come join us as we scatter flower petals on Reflection Lake and observe a moment of silence for those whose lives have been impacted by domestic violence. (Co-sponsored with Albion Fellows Bacon Center and campus partners from the Sexual Assault and Gender Violence Prevention committee)

National Collegiate Alcohol Awareness Week

National Collegiate Alcohol Awareness Week is sponsored each year by Student Government Association to inform students about the consequences of alcohol use and the importance of making responsible choices. Look for the Counseling Center at some of these fun and educational events throughout the week!
SGA National Collegiate Alcohol Awareness Week Kick-Off Cook Out, @ the Quad, 11 a.m. – 1 p.m.

Join SGA for a cookout to celebrate the start of National Collegiate Alcohol Awareness Week events at USI! There will be free food, information about the events planned for the week, and resources on healthy alcohol use. Look for the Counseling Center’s info table! (Sponsored by Student Government Association)

Drunk driving simulation, @ the Quad, 11 a.m. – 1 p.m.

Do you think you could have a few drinks and then drive home safely? Come give it a try, driving a golf cart through an obstacle course while wearing goggles that simulate having your senses impaired by alcohol. The Counseling Center will be at this program offering educational resources on alcohol use and abuse. (Sponsored by Student Government Association and USI Public Safety)

Alcohol Jeopardy & alcohol use screenings, @ the Fireside Lounge (UC East), 7 p.m. – 9 p.m.

SGA is planning to host a night of trivia competition – pub quiz style! Come to the Fireside Lounge to enjoy mock margaritas and other snacks while showing off just how much you know the facts about alcohol. The Counseling Center will be on hand in a separate part of the UC East to conduct private, brief, free and confidential screenings for symptoms of alcohol abuse and dependence. (Co-sponsored Student Government Association)

Drunk driving simulation, @ the Quad, 11 a.m. – 1 p.m.

Join SGA and Public Safety for another opportunity to try to safely navigate a golf cart through an obstacle course while wearing "drunk goggles." The Counseling Center will be back at this event again providing resources on alcohol use and abuse. (Sponsored by Student Government Association and USI Public Safety)

The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

The Multicultural Center and the Counseling Center have partnered for a monthly lunchtime event at which students come together to discuss the intersection of their diverse identities, political issues, and their personal experiences at USI. Pizza and beverages will be provided.

A Shot of Reality interactive performances, @ Carter Hall, 7 p.m. and 9 p.m. (2 sessions offered)

USI will welcome comedy troupe MISSION IMPROVable to campus to provide two performances of their educational and improvisational alcohol awareness show. This program will combine interactive comedy, audience role playing, facts, and education to give the audience “A Shot of Reality” about the dangers of alcohol use. The show aims to provide an honest, engaging, humorous and sober new look at alcohol awareness. The Counseling Center will be present to offer additional resources on how to help yourself or a loved one if you are concerned about the risk of alcohol abuse. (Co-sponsored by Activities Programming Board, Student Government Association, and Greek Life)

Alcohol use screenings, @ the Counseling Center (Orr Center 1051), 11 a.m. – 1 p.m.

Are you worried about whether your alcohol use is unhealthy? Have loved ones expressed concern about your drinking and its effect on your life? Drop in to the Counseling Center during this block of time to take a brief, free and private screening for alcohol abuse and dependence. (Co-sponsored with Student Government Association)
26 Mindful Mondays: Meditation 101- Intro to Mindfulness Practice, @ UC Traditions Lounge, 4 p.m. – 5 p.m.

You may be somewhat familiar with the concept of mindfulness, but are you prepared to put it into practice? This presentation will introduce participants to the basics of mindfulness and concentration approaches, including frequently-used postures, practices, and dealing with common challenges that arise during practice. (Co-sponsored with Student Support Services, Housing & Residence Life, and faculty from the Department of Social Work)

November:
Our identities play an important role in our mental health. Research shows that individuals from historically marginalized groups (e.g., women, people of color, LGBTQ-identified people, etc.) are at increased risk of experiencing illness because of the cumulative effect of discrimination on overall wellness. In recognition of this, we selected November to serve as Mental Health and Social Inequality Awareness Month.

4 Mental health screenings @ CNHP Advising Center, 11 a.m. – 1 p.m.

Join us at the College of Nursing and Health Professions Advising Center to take a brief, free and confidential screening for symptoms of depression, anxiety and Post-Traumatic Stress Disorder. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with the CNHP Advising Center, Housing & Residence Life, and Recreation, Fitness & Wellness)

9 Mindful Mondays: Don’t Worry and Be Serene, @ UC 2217-2218, 4 p.m. – 5 p.m.

Despite popular portrayal, mindfulness does not mean relaxation. However, through the practice of mindfulness and mindful-based exercises, serenity and peace are common byproducts. This workshop will teach you specific mindfulness techniques that help to promote those desired states. (Co-sponsored with Student Support Services and Housing & Residence Life)

10 Eating disorder screenings, @ Rice Library 4th floor reading room, 3 p.m. – 5 p.m.

Do thoughts about your body affect your feelings and your food choices more than you would like? Visit us today in Rice Library to take a brief, free and confidential screening for symptoms of disordered eating. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life, Recreation, Fitness & Wellness, and Rice Library)

18 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

The Multicultural Center and the Counseling Center have partnered for a monthly lunchtime event at which students come together to discuss the intersection of their diverse identities, political issues, and their personal experiences at USI. Pizza and beverages will be provided.

20 Transgender Day of Remembrance, day-long/campus-wide event

Information table @ Rice Library, 11 a.m. – 1 p.m.

The Transgender Day of Remembrance serves as a day to honor the memory of those individuals who have been murdered in anti-transgender hate crimes and raise awareness about the disproportionate amount of violence targeted toward the transgender community. Visit our information table in Rice Library's main corridor to learn more and join us today in wearing a black ribbon to memorialize these victims of crimes of hatred and fear.
23  Mindful Mondays: Mindful Eating, @ UC 2217-2218, 4 p.m. – 5 p.m.

Eating should be a natural, healthy, and pleasurable experience for satisfying hunger. However, in our hustle and bustle, diet-obsessed, food abundant culture, eating is often mindless and guilt-inducing. Mindful eating is eating with attention and intention. This workshop will help you establish a healthier, happier relationship with food. (Co-sponsored with Student Support Services, Housing & Residence Life, and Recreation, Fitness & Wellness)

December:
Almost everyone on campus experiences stress when the end of the semester nears, so we have designated December as Stress Awareness and Management Month. Visit the Counseling Center for information on how to take care of yourself during stressful times and avoid running yourself down.

7-9  Paws & Play: De-stress with therapy dogs, @ RFWC Quiet Lounge, 11 a.m. – 1 p.m.

Research supports something that animal lovers have always known: spending time with our furry friends helps to reduce stress! Drop in to the RFWC Quiet Lounge during this block of time on December 7, 8 or 9 to pet, play with, and enjoy the company of trained therapy dogs. This is a wonderful way to help reduce end-of-semester stress – especially if you find yourself missing your family pet back home. There will also be giveaways and other stress-busting resources available. (Co-sponsored with Recreation, Fitness & Wellness and Rice Library)
Outreach Presentations

Counseling Center staff members are happy to offer presentations to your student organization, class, department or residence hall. Available presentations are listed below; if you are interested in a presentation on a topic that is not included here please contact us to see if we can accommodate your request. In addition, the Counseling Center is open to collaborating on development of new campus events. To request a presentation or discuss partnering on a campus event, please call 812-464-1867 weekdays 8 a.m. - 4:30 p.m. and ask to speak with the Outreach Coordinator. You can also submit the details of your request via the "Request a Presentation" form on our website at www.usi.edu/counselingcenter/request-a-presentation. We appreciate having at least two weeks’ notice for requests. Please note that we may be unable to fulfill requests because of limited staff availability or lack of adequate notice.

Succeeding in College

- Counseling Center Services
  An introduction to Counseling Center services, programs and resources. The length of this presentation can be modified to fit your needs.

- The Right Moves: Career Exploration and Planning
  Learn about the building blocks of good career-path decisions and how your values, interests and skills factor into choosing the best direction for you.

- I’m So Tired! Better Sleep for Better Health and Grades
  Find out about why sleep is so important for our overall well-being – especially academic performance – and how to get better rest.

- Tackling Test Anxiety
  Worried about test-taking? Learn about where test anxiety comes from and how to reduce its negative influence on you when it’s time to take another test.

- Overcoming Procrastination
  Does the Xbox call to you whenever you should be studying for an exam? Does your “5-minute” delay become a 3-hour setback? This fun and informative workshop offers strategies for decreasing procrastination, increasing motivation and improving academic performance.

Diversity and Multiculturalism

- Coming Out of the Closet
  Coming out as gay, lesbian or bisexual involves more than just a public acknowledgement of sexual identity. This program addresses the complexities and considerations involved in the coming out process.

- How to Be an LGBT Ally
  In this program participants will learn basic information about LGBT issues, develop skills that they can use in helping to create a safe and affirming community and explore just what it means to be an ally.

- Transgender 101
  This presentation focuses on the "T" in LGBT issues by providing an introduction to gender identity and its variability beyond the traditional limitations of "male or female."

- It Gets Better: LGBT Suicide Prevention
  Discrimination and bullying put young people who identify as a sexual minority at particular risk for depression and suicide. Learn to recognize symptoms and how to establish a system of support so that (as Dan Savage’s famous campaign says), “it gets better.”
Difficult Dialogues: Deconstructing Discrimination
Talking about racism and other forms of discrimination can be difficult, even when we have the best intentions. This program highlights some of the issues that obstruct constructive dialogues on discrimination and how to overcome them. The focus of this presentation can be on discrimination in general or specific to racism, sexism, heterosexism, etc.

Minority Stress: The Consequences of Difference
Discrimination can be subtle or overt, but no matter what form it takes it has harmful consequences. This presentation explores the issue of discrimination and its impact on the health, well-being and success of individuals from historically oppressed/marginalized groups.

Committing to Social Justice
Are you interested in taking a stand to support equal rights and opportunities for everyone? Is challenging discrimination important to you? Learn what it means to be a social justice ally and engage in the necessary process of self-exploration that comes along with it.

Relationships and Communication

Assertiveness Skills
Many people have a hard time standing up for themselves and being clear about their wants, needs and expectations. Learn about what it means to be assertive and how to communicate assertively.

Gender Differences in Communication
Gender roles influence how we express ourselves. Find out how gender influences communication and learn more effective ways of communicating regardless of gender.

Love Shouldn’t Hurt: Understanding Intimate Partner Violence
Do you feel like you have to walk on eggshells around your partner? Do they call or text you every hour that you’re not together to ask what you’re doing and who you’re with? Do they make all the decisions in the relationship (or try to)? This presentation provides information on what healthy relationships do – and don’t – look like.

Partner Violence in LGBT Relationships
Queer (non-heterosexual and gender-variant) relationships have unique challenges that are distinct from those found in heterosexual relationships. This presentation addresses traditional approaches to understanding domestic violence and how these models do not account for the different dynamics, pressures and patterns found in same-sex relationships.

"No Means Buy Me Another Drink": Rape Culture in the Popular Media
What does it mean that sexual violence is such a common theme in our pop culture that we often don't even notice it's there? See and discuss contemporary examples of just how often sexual assault is framed as a joke in our entertainment – and what this means for violence prevention and healthy relationships.

Consent Matters: Sexual Assault Prevention through Enthusiastic Consent
Sexual assault prevention almost always focuses on what NOT to do and the negative outcomes of poor choices. What would it look like if we flipped the script and discussed how to make positive, empowered decisions about sexual behavior?

Setting and Maintaining Healthy Boundaries
Sometimes pushy people can go too far. Learn how "I won't take no for an answer" can escalate from manipulative to dangerous and why it is important to be clear and consistent about your personal boundaries.
Wellness and Prevention

❖ **Understanding and Preventing Suicide**
   Suicide is often a taboo topic but it is important that we understand it and learn to discuss it openly. More than twice as many Americans die by suicide each year than by homicide. This presentation offers information on recognizing warning signs of suicide risk and ways that we can intervene to encourage our loved ones to seek help.

❖ **Step Up! Bystander Intervention Training**
   Most of us have been in a situation where we thought we should do something to help protect someone else's safety or well-being but we weren't sure how or what to do. This presentation provides information on the awareness and skills needed to step up to intervene in these situations.

❖ **She Was Asking for It: Beliefs and Myths about Sexual Assault**
   Misconceptions permeate our attitudes about sexual violence. Learn the truth behind some common beliefs about rape and how these attitudes relate to the risk of being involved in a sexual assault.

❖ **Sexual Health: Dimensions of Sexual Wellness**
   Sexuality is a significant – and very complex – part of the human experience. This presentation provides an introduction to the physical, mental, emotional and social aspects of sexual health, including personal values, social influences and physiological/medical factors.

❖ **Is This an Eating Disorder?**
   This presentation offers an overview of the issue of eating disorders, including warning signs, symptoms, causes and ways to address unhealthy eating-related behaviors and habits.

❖ **The Magical Marriage of Photoshop and the Media**
   Even though we are aware that they are retouched and faked, how much of an impact do all those airbrushed ad models and Photoshopped celebrity pictures have on our sense of how we "should" look? This workshop discusses the influence of media on body image and how this in turn affects our self-esteem.

❖ **Letting It Go: Stress Management**
   Stress can be good or bad, but it can become a serious problem if it gets out of hand. Find out more about stress, why we have it, where it comes from and how to let it go in a healthy way.

❖ **Is This Normal? Common Experiences and Concerns of College Students**
   We all wonder from time to time whether what we're going through is "normal." This presentation provides a context for understanding typical mental health challenges that college students often face.

❖ **Overcoming Shyness**
   If anxiety about social situations makes it hard for you to make new friends or work effectively with others on group projects, then find out about what shyness is and how to successfully overcome it so it doesn't overcome you.

❖ **Coping with Worry**
   Sometimes worries seem like they can take on a life of their own. This workshop provides tools to effectively manage worry so that anxious thoughts don't get out of hand.

❖ **The Problem of Pessimistic Thinking**
   Do you often find yourself thinking things like, "what's the point?" or "it's not even worth trying?" Learn about how important the way we think is for our mood and for making healthy choices.
Additional Services

In addition to providing individual counseling and outreach programming, the Counseling Center has a number of other services and resources available for the campus community:

Consulting

Center staff members are available to provide consultation to university faculty and staff (including Resident Assistants) with concerns about students' well-being, making referrals for services, addressing interpersonal conflict or implementing course content that accurately and sensitively addresses mental health-related topics.

Group Counseling

Counseling groups are an excellent way to share and discuss concerns with others who have similar experiences. Whether groups are offered during the fall or spring semester is dependent upon the amount of interest expressed by potential participants and the compatibility of participants' schedules. If you are interested in any of these groups, please call 812-464-1867 for more information.

❖ Personal Exploration Groups
  Personal exploration groups offer a place where you can be supported by others and hear what others would do if they were in your shoes. This group provides an opportunity to not feel alone with your problems. Through weekly unstructured discussions, this group provides a safe space to focus on how problems in your life influence day-to-day activities and relationships.

❖ From Surviving to Thriving Group
  This group is designed to provide a supportive and safe environment for women who have experienced sexual assault or abuse as an adult. This group will provide participants the opportunity to share experiences, connect with others and receive support in regaining a greater sense of control and empowerment in their lives. Participants can expect to achieve a greater awareness and understanding of common reactions to assault and the ways in which it can impact your life, develop skills for improved coping and work through common challenges in the healing process.

❖ Women's Group
  Although you may sometimes feel alone in being overwhelmed or self-conscious, many women at USI experience similar struggles. This group provides an opportunity to talk about those experiences and how they influence our mood, relationships, sense of self-worth and overall well-being.

❖ The QUILTBAG
  What is a QUILTBAG? It stands for “Queer/Questioning, Undecided, Intersex, Lesbian, Transgender, Bisexual, Asexual and Gay” and it reflects the diversity of sexual and gender identities. The QUILTBAG group is a safe space in which to process personal experiences related to these varied identities.

❖ Mindful Eating Group
  Do you think that your eating may be unhealthy? Disordered eating is often used as a coping strategy to deal with the chaos in our lives. If you are trying to turn away from certain food-related behaviors (i.e., restricting, bingeing, purging or over-exercising) in order to learn new ways of coping with life's challenges, this group can help. You will get feedback and support, share challenges and triumphs and offer encouragement to other group members.
Love Your Body Group
Are you happy with what you see in the mirror? You may feel self-conscious about how you look but many women struggle with similar issues. This group will offer support for women who are struggling to accept their bodies and help you to understand why you have those negative thoughts about yourself.

Stop the Anxiety Group
Although you may feel like the only person struggling with stress and feeling anxious about life, many students at USI have difficulties relaxing and enjoying themselves due to anxiety. This group provides an opportunity to meet with others students who are facing similar challenges, identify and change thoughts associated with anxiety, and build skills to help your overall well-being.

Graduate Student Group
Graduate students have concerns that are unique. This group will focus on your identity as a student and developing professional, including feelings of not belonging or feeling like an imposter. The group will also focus on addressing issues of stagnation/procrastination with dissertation, thesis, professional publications, etc.; the impact graduate school has on relationships; and factors that impede success in graduate school (including depression and anxiety). Find connection with other graduate students who are dealing with the same concerns as you!

Grief Group
Experiencing loss and grief is a natural and inevitable part of everyone’s life. The Grief Group is a safe place for students who have suffered a major loss by death of a significant person in their lives to explore their feelings and talk with others who are going through similar struggles. The loss can be very recent or many years ago, and participants can be in any stage of the grieving process.

Resource Library
The Counseling Center has a library of information on mental health, wellness and prevention that includes information pamphlets, self-help texts and resource books. These are available for reference use by all members of the university community. Come browse our selection to find helpful information for yourself, for a friend or for a class project.

Relaxation Room
If you are feeling particularly stressed, you may reserve the Counseling Center’s relaxation room for 30 minute blocks of time. The room is a peaceful space that features a massage chair and a selection of relaxing audio recordings. To use the room, call the Center to book a time slot or drop in to see if it is available for a walk-in appointment.

Web-Based Resources
Counseling Center webpage - www.usi.edu/counselingcenter
Newly updated, the Center’s site has a number of resources for all members of the university community, including information on how to respond to crisis situations, self-help resources, general wellness-related fact sheets and content for parents, faculty and staff. The website also features confidential self-assessment tools that are available to students 24x7, including online screenings for eating disorders, alcohol or marijuana use, depression and anxiety. Visit the site to access these resources, learn more about Center services, request an outreach presentation, and more!
- **Counseling Center Facebook page** - [www.facebook.com/USI.Counseling.Center](http://www.facebook.com/USI.Counseling.Center)
  Facebook is a great way to stay up-to-date on all of our activities, get reliable mental health information and receive inspiring messages and quotes. To receive all of our posts, make sure you select “get notifications” on our page.

- **Make the First Move campaign** - [www.usi.edu/makethefirstmove](http://www.usi.edu/makethefirstmove)
  We all have the power to help keep each other safe by stepping up and taking action when we witness a potentially dangerous situation. The “Make the First Move” campaign site explains how and why it is important for us to do something in these situations and offers extensive resources and information on how to intervene in a range of challenging circumstances.

The Counseling Center is a SAFE ZONE for individuals of all ethnicities, abilities, religions, sexual orientations, physical appearances/sizes, and gender identities.