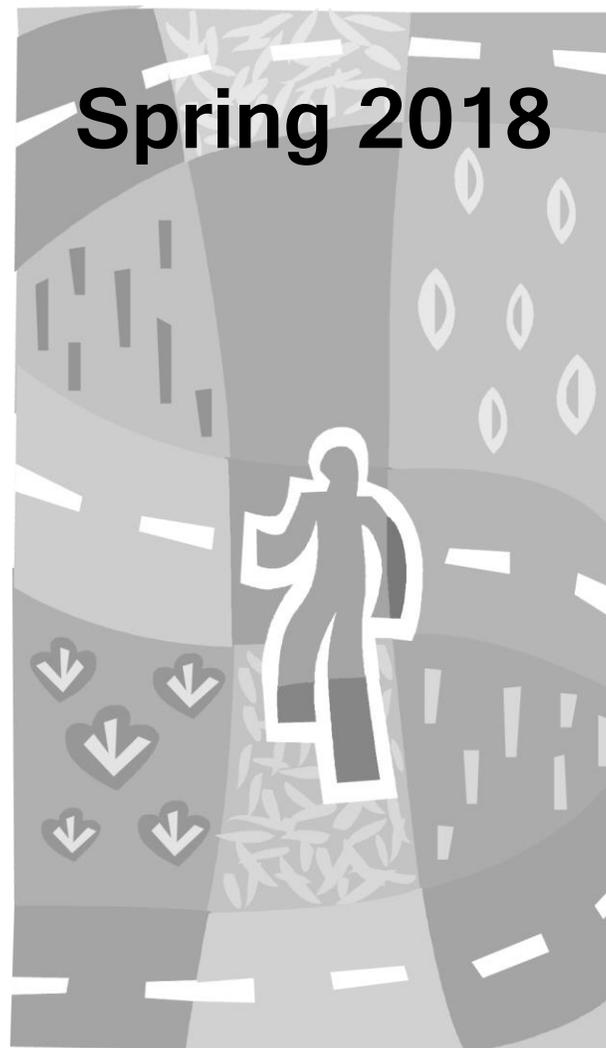


Counseling Center Outreach & Programming Guide



Counseling Center
Orr Center 1051
812-464-1867
www.usi.edu/counselingcenter

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. We are a proud partner in the Be Well to Do Well campus initiative, which encourages students to engage in healthy behaviors to improve well-being and enhance success inside and outside of the classroom. We are also excited to offer a peer educator program, STARs (Students Teaching and Advocating Resilience), through which students can be involved in these wellness-promotion efforts. For more information on these two new initiatives, please visit our website: www.usi.edu/counselingcenter

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 or other details are occasionally subject to change. We recommend that you check the Counseling Center's social media accounts (Facebook or Twitter) on the day of the event to ensure that you have the most up-to-date information.

January:

According to the National Center for Victims of Crime, 7.5 million people in the United States are stalked each year. January is dedicated as *National Stalking Awareness Month* to highlight the pervasiveness of stalking, promote discussions about what can be done if you are being stalked, and encourage you, or someone you know, to seek help if needed. This month is also a great time to get re-acquainted with the many resources available to you on campus to help with your wellness, academics, social connectedness, and more. We encourage you to Be Informed to Do Well!

10 Chai Chat, @ UC 2205, 12:30 p.m. – 1:30 p.m.

The Counseling Center is proud to host a monthly program in collaboration with the Center for International Programs, focused on international students and friends. Chai Chat brings students together to discuss issues commonly experienced by international students, including adjustment, acculturation, homesickness, and stress. Join us to enjoy some tea, share your experience, and relax with us!

- 16 Be Informed to Do Well resource table, @ UC East, 11 a.m. – 1 p.m.

USI offers a wide range of wellness resources to help you be as successful and healthy as possible. Come visit our information table in the University Center during lunchtime to make sure that you are aware of them all and know what they can do for you. *(Co-sponsored with partners from the Be Well to Do Well initiative)*

- 17 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 and beyond. Food and beverages will be provided.

- 24 Spring Student Involvement Fair, @ UC East – second floor, 10 a.m. – 2 p.m.

Visit our table at Student Development's annual Spring Student Involvement Fair to learn more about Counseling Center services, gain some useful information on mental health and wellness, and get some freebies!

30-31 University Division's Student Success Week

University Division is pleased to offer the Seventh Annual USI Student Success Week. This event is dedicated to improving students' academic success and retention on campus. Presenters from all over the university will offer dozens of different workshops focused on developing a student's mind and their awareness of the world. The Counseling Center is excited to be a part of this event, providing the following presentations:

January 30

- ❖ Healthy Relationships: What They Do (and Don't) Look Like, @ UC 2206, 10:30 – 11:00 a.m.
- ❖ Do You Like What You See in the Mirror? Having Healthy Body Image, @ UC 2218, 11:15 – 11:45 a.m.
- ❖ Overwhelmed? Learn How One ACCEPTS and Overcomes!, @ UC 2217, 11:15 – 11:45 a.m.
- ❖ Justice for All: Taking a Personal Stand against Discrimination, @ UC 2207, 2:15 – 2:45 p.m.
- ❖ Is This Normal? Common Concerns of College Students, @ UC 2207, 3:00 – 3:30 p.m.

January 31

- ❖ The Truth We Believe Becomes the Reality We See, @ UC 2207, 11:30 a.m. – 12:00 p.m.
- ❖ Healthy Relationships: What They Do (and Don't) Look Like, @ UC 2218, 12:15 – 12:45 p.m.
- ❖ The Truth We Believe Becomes the Reality We See, @ UC 2207, 12:15 – 12:45 p.m.
- ❖ Be Heard! Assertiveness and Its Many Benefits, @ UC 2217, 12:15 – 12:45 p.m.
- ❖ Just How "Post-Racial" Are We? Beginning Discussions on Race, @ UC 2217, 1:00 – 1:30 p.m.
- ❖ Developing Your Silver Linings Playbook: Strategies for Coping with Life's Difficulties and Challenges, @ UC 2217, 1:45 – 2:15 p.m.

- 31 *I Am Jane Doe* screening and panel discussion, @ Mitchell Auditorium, 5:30 p.m. – 8 p.m.

In addition to being Stalking Awareness Month, January is also Human Trafficking Awareness Month. The National Human Trafficking Resource Center explains, "Human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. Although slavery is commonly thought to be a thing of the past, human trafficking still exists today throughout the United States and globally. Human trafficking is the use of force, fraud, or coercion to control a person for the purpose of engaging in commercial sex acts or labor services against his/her will." Join us for a screening of the documentary *I Am Jane Doe* followed by a panel discussion from local experts on human trafficking and victims' services. *(Co-sponsored by campus partners from the Sexual Assault and Gender Violence Prevention committee)*

February:

Do you weigh yourself every day? Do you count calories and fat grams every time you eat? Research shows that almost 80% of college students have dieted and avoided or skipped meals. February is dedicated as *Eating Disorder Awareness Month* to bring attention to the difficulties college students experience with eating disorders and body image concerns. In addition, as the month of Valentine's Day and Black History Month, February is a great time to express your care for the important people in your life and learn about others' cultures. Fostering those links with other people is a great way to Be Connected to Do Well.

1 University Division's Student Success Week, *continued*

University Division's Seventh Annual USI Student Success Week continues through the beginning of February, featuring additional presenters from all over the university offering brief workshops focused on students' professional and personal development. The Counseling Center is pleased to be providing the following presentation:

- ❖ Gay, Straight, and Everything in Between: Beginning Discussions on LGBT Issues, @ UC 2218, 11:15 – 11:45 a.m.

7 Chai Chat, @ UC 2205, 12:30 p.m. – 1:30 p.m.

The Counseling Center is proud to host a monthly program in collaboration with the Center for International Programs, focused on international students and friends. Chai Chat brings students together to discuss issues commonly experienced by international students, including adjustment, acculturation, homesickness, and stress. Join us to enjoy some tea, share your experience, and relax with us!

12-16 Housing & Residence Life's Diversity Awareness Week

The Counseling Center is one of a number of campus partners invited by Housing & Residence Life to participate in a week of events intended to raise awareness of multiculturalism and celebrate our diverse campus community. Areas of diversity that will be highlighted during the week include race, religious faith, disability, and sexual orientation. Check out Housing & Residence Life's Facebook page for details on plans for the week's events!

13 Mustache for Consent: Pledge to End Sexual Violence, @ UC Traditions Lounge, 2 p.m. – 4 p.m.

The USI Dean of Students Office is sponsoring this event to help raise awareness of the prevalence of sexual assault and the role that we all play in its prevention. Come to the Traditions Lounge (second floor of The Cone in the UC) to get some cookies and other freebies. People who sign the "Mustache for Consent" pledge will receive a free t-shirt! The Counseling Center is proud to help support this event and will be offering resources on sexual assault and relationship violence.

20 Be Connected to Do Well resource table, @ UC North, 11 a.m. – 1 p.m.

Do you feel like you're getting the most out of your USI experience? Being in college brings a host of opportunities to meet new people and develop rewarding connections. Take advantage of these opportunities to learn more about others and you'll probably find that you've learned a lot about yourself, too. Visit our resource table today to get information on ways to be involved on campus and in the community, as well as resources to help you step outside of your own cultural box. *(Co-sponsored with partners from the Be Well to Do Well initiative)*

21 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 and beyond. Food and beverages will be provided.

21 Mandela Social Justice Day

The USI Counseling Center is proud to support the College of Liberal Arts' annual Nelson Mandela Social Justice Day, the mission of which is to raise dialogue on our campus around current issues of human and civil rights, public service, and activism. Look for information around campus beginning in February about plans for the day's events, which will include programs on social justice and community building and will conclude with the keynote address. *(Co-sponsored by the Mandela Social Justice Day planning committee and other campus partners)*

Keynote

Chaos or Community: The Persistent Question in Achieving Racial Progress and Human Rights – A Presentation by Tia Oso, @ Carter Hall, 6 p.m. – 8 p.m.

Tia Oso is a nationally respected organizer, strategist, and emerging leader on issues of racial equity, migrant rights, and social justice. She has worked with #SayHerName and #BlackLivesMatter organizations. A dynamic leader and political strategist with over 15 years of grassroots organizing experience, Oso is an experienced community engagement professional specializing in social change initiatives such as building multi-racial and cross-cultural coalitions and strategic planning for grassroots community development. In this keynote address, she will discuss how progressives must not forget the importance of developing a radically inclusive coalition in building a full-fledged human rights movement in the United States today.

28 Safe Spring Break Fair, @ UC East lobby, 11 a.m. – 1 p.m.

Join the Counseling Center at this info fair and learn how to be sure that your spring break is a safe one! The event features games, prizes and giveaways from a variety of campus and community organizations. *(Sponsored by Recreation, Fitness & Wellness)*

March:

Nearly one in five Americans has a cognitive or physical disability, but ability status or what it means to be a person with a disability are not topics that we often discuss openly. March is *Disability Awareness Month*, in which we work to challenge stereotypes and recognize the lived experiences of individuals with disabilities. This month also brings Spring Break, which presents opportunities to make decisions that can have a big impact on your health – including choices about whether or not to use alcohol or other drugs. Be informed about healthy alcohol use so you can Be Smart to Do Well!

13 Be Smart to Do Well resource table, @ UC North, 11 a.m. – 1 p.m.

Stereotypes abound about college students and their alcohol use... but just how true are those stereotypes? The majority of USI students report making responsible choices about their alcohol use, and responsible choices are fueled by having accurate information. Visit our resource table on this date to pick up all sorts of useful information on alcohol use and abuse, so you can Be Smart to Do Well. *(Co-sponsored with partners from the Be Well to Do Well initiative)*

14 Chai Chat, @ UC 2205, 12:30 p.m. – 1:30 p.m.

The Counseling Center is proud to host a monthly program in collaboration with the Center for International Programs, focused on international students and friends. Chai Chat brings students together to discuss issues commonly experienced by international students, including adjustment, acculturation, homesickness, and stress. Join us to enjoy some tea, share your experience, and relax with us!

- 21 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 and beyond. Food and beverages will be provided.

- 27 De-Stress Fest, @ RFWC Quiet Lounge, 3 p.m. – 5 p.m.

Don't let stress get you down! Drop in to the RFWC's Quiet Lounge this afternoon to enjoy stress-busting activities such as coloring, playing with Play-Doh, and making your own calming jar. The Counseling Center will be on hand with resources to help you further build your stress management skills. *(Co-sponsored with partners from the Be Well to Do Well initiative)*

April:

One in four women at college has been sexually assaulted, yet less than 5% of college students report it. April is designated as *Sexual Assault Awareness Month* as a time to educate about the prevalence and harm caused by sexual violence. Join us in wearing teal ribbons throughout the month to show your support for survivors of sexual assault. Ribbons can be picked up at the Counseling Center; University Health Center; Multicultural Center; Dean of Students Office; Recreation, Fitness & Wellness; and the main office and Community Center of Housing & Residence Life. By working together, we can help everyone in our community to Be Safe to Do Well!

- 3 Be Safe to Do Well resource table, @ UC North, 11 a.m. – 1 p.m.

How much do you know about what healthy romantic relationships look like? Do you know how to get your partner's enthusiastic consent for sexual activity? What steps should you take to protect yourself from sexually transmitted infections? Information on all this and more will be available today at our resource table. Learn about healthy sexuality and relationships so you can Be Safe to Do Well! *(Co-sponsored with partners from the Be Well to Do Well initiative)*

- 4 Chai Chat, @ RL 0034, 12:30 p.m. – 1:30 p.m.

The Counseling Center is proud to host a monthly program in collaboration with the Center for International Programs, focused on international students and friends. Chai Chat brings students together to discuss issues commonly experienced by international students, including adjustment, acculturation, homesickness, and stress. Join us to enjoy some tea, share your experience, and relax with us!

- 10 Walk a Mile in Her Shoes, @ Carter Hall, 5 p.m. – 7 p.m.

Each year USI and the local community agency Albion Fellows Bacon Center co-sponsor "Walk a Mile in Her Shoes" as a way to bring attention to the issues of rape, sexual assault and gender-based violence. All members of the campus community are invited to join us in walking a mile in women's shoes, as well as making a pledge to end rape, sexual assault and domestic violence. Registration for the walk begins at 5 p.m. and the walk begins at 5:30 p.m. Look for educational resources and support on issues of gender-based violence to be provided by the Counseling Center at the event.

- 17 Be Rested to Do Well drop-in event, @ Housing & Residence Life main office, 3 p.m. – 5 p.m.

Some people might think of pulling all-nighters as a time-honored college tradition, but cheating yourself out of sleep is setting yourself up for disaster. Sufficient sleep is necessary not just for retaining what you learn in class, but it is also essential for staying physically and emotionally healthy. At this event you will get pointers on your sleep health and make your own no-sew aromatherapy eye pillow (while supplies last)! *(Co-sponsored with partners from the Be Well to Do Well initiative)*

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 and beyond. Food and beverages will be provided.

23 & 24 Paws & Play: De-stress with therapy dogs

April 23: 2 p.m. – 5 p.m. @ RFWC Quiet Lounge (*tentative*)

April 24: 2 p.m. – 5 p.m. @ Housing & Residence Life main office lobby (*tentative*)

Research supports something that animal lovers have always known: spending time with our furry friends helps to reduce stress! Drop in at any time during the scheduled block either day 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. Please note: times and locations for this event may change as we get closer to the end of the semester. We encourage you to check our social media accounts or the university calendar starting in April to confirm these details. (*Co-sponsored with Recreation, Fitness & Wellness; Rice Library; and Housing & Residence Life*)

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 Netflix 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 your 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 relationships (those involving non-heterosexual and gender-diverse individuals) 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 education 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

❖ **Be Well to Do Well**

College success comes down – in large part – to keeping life’s problems from getting in the way of your ability to bring your A game. Certain challenges are likely to come up while you’re at USI, and we want to help you learn how to slay them before they get you down. This presentation is a primer into making that happen.

❖ **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 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.

❖ **Supporting the Supporters**

What should you do if you're worried that someone you care about is struggling with their mental health? This interactive presentation addresses common mental health issues, explores why people sometimes have a hard time seeking help, and discusses how to help if a friend confides in you that they are having a hard time.

Mindfulness and Meditation

❖ **Introduction to Mindfulness**

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 explains the basic concepts of mindfulness including what it is, why it works, and how it is implemented.

❖ **Meditation 101: Intro to Mindfulness Practice**

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.

❖ **A Mindful Approach to Coping with Stress**

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 focuses 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.

❖ **Mindfulness of Body: An Intro to the Body-Scan Meditation**

Sitting meditation is traditionally the practice of choice for cultivating mindfulness. However, sitting meditation is only one of many options. This presentation will provide a basic introduction to how focusing on sensations in one's body via a practice called the Body-Scan can contribute to the cultivation of mindfulness. Attendees are encouraged to bring a mat, blanket, or towel to rest on during this applied workshop.

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:

Group Counseling

Counseling groups are an excellent way to share and discuss concerns with others who have similar experiences. The number of groups offered during the semester is dependent upon the amount of interest expressed by potential participants and the compatibility of participants' schedules. If you are interested learning more about group counseling, please call 812-464-1867 for more information.

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.

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.

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.

Online Resources

Counseling Center webpage - www.usi.edu/counselingcenter

The Counseling Center's website 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, request an outreach presentation, and more!

Counseling Center's social media - *Facebook:* [USI.Counseling.Center](https://www.facebook.com/USI.Counseling.Center) *Twitter:* [@USI_Counseling](https://twitter.com/USI_Counseling)

We want to stay in touch with you! Follow us on our social media accounts so we can tell you about campus events, share resources to help you stay well, and keep you in the loop with useful information on mental health-related topics. On Facebook, make sure you select "get notifications" on our page to be sure that you don't miss any of our posts.

Be Well to Do Well campaign - www.usi.edu/bewell

The Counseling Center is excited to partner with our colleagues in Recreation, Fitness & Wellness; the University Health Center; the Dean of Students Office; and Housing & Residence Life to bring the campus community this brand-new initiative. Our goal is to share all of the wellness information you might need to totally crush your college experience, and we want to be sure you have that info *when or before* you need it. Visit the Be Well to Do Well website as a hub for wellness-related resources of all kinds, and follow the campaign partner offices on social media so you can be sure you are not missing out on some useful content that will help you stay locked into beast mode. After all, you really do need to Be Well to Do Well.

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