



## Counseling Center



812-464-1867  
[USI.edu/counselingcenter](http://USI.edu/counselingcenter)

**Location:**  
Orr Center, Room 1051

**Hours:**  
Monday–Friday, 8 a.m.–4:30 p.m.



The Counseling Center helps 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. Services often help students to learn effective means of relating to others, understanding and dealing with emotions, increasing self-confidence and making healthy decisions. The Counseling Center is committed to helping students realize their potential despite challenges, personal or otherwise.



We've all had occasions when we've felt lost, alone and unsure of what to do. It is completely normal to experience distress and to need help during challenging times.

### Some common reasons students seek assistance:

- Transitioning to college
- Loneliness or isolation
- Unhealthy relationships
- Sexual assault, relationship violence or stalking
- Low mood/depression
- Anxiety/worry
- Sexuality or gender identity
- The loss of a loved one
- Traumatic events
- Alcohol or drug use
- The experience of discrimination and prejudice
- Body-image and/or eating disorders
- High levels of stress
- And many more...

### Schedule an Appointment

To schedule an appointment, stop by the Counseling Center (Orr Center 1051) or contact us by telephone (812-464-1867) during normal business hours:

**Monday–Friday, 8 a.m.–4:30 p.m.**

## Services Provided

### Individual Counseling

Students meet one-on-one with a professionally trained counselor to discuss issues of concern.

### Couples Counseling

Two students meet with a counselor to discuss issues that have an impact on their relationship. To be eligible for couples counseling, both persons must be enrolled as USI students.

### Group Counseling

Counseling groups are an excellent way to receive support and to grow from the experiences of others. While group topics vary by semester, they often focus on relationships, depression and anxiety, grief and loss and coping with trauma.

### Substance Use Assessments

These assessments focus on helping students to think critically about their patterns of use and make informed choices.

### Consultation

If you are concerned about a friend or loved one who is a USI student, we are happy to speak to you, give you support and help you think through your options. This service is available to students and family members.

### Relaxation Room

Need a quiet place to center yourself? Come use our massage chair to relax and find balance.



### Outreach

Our workshops and programs are designed to promote wellness and support a healthy campus climate. Topics often include stress management, forming healthy relationships, developing healthy eating patterns, helping a friend in need and diversity issues. Go to our website ([USI.edu/counselingcenter](http://USI.edu/counselingcenter)) to download a copy of our current *Outreach & Programming Guide* (to learn about our upcoming events) or to request an outreach program.

### Online Information and Screenings

At the Counseling Center's website ([USI.edu/counselingcenter](http://USI.edu/counselingcenter)), students can take a mental health screening, find reliable information about several common difficulties, learn more about the Counseling Center and request an outreach program. You also can like us on Facebook to stay up-to-date on our activities, get mental health information and receive inspiring messages and quotes ([Facebook.com/USI.Counseling.Center](https://Facebook.com/USI.Counseling.Center)).

### Positive Support

Regardless of what you share and what you do, our counselors are on your side. We want the best for you.

### Knowledge and Experience

Our professionally trained counselors have worked with a wide variety of student problems and challenges; there is not much we haven't seen or heard. But, if you tell us something unique or different, that's fine. We are trained to listen and to apply what we know to unique circumstances.

## Our Philosophy

- Counselors are here to support you in a kind and compassionate manner. And yet, some people may be nervous about speaking to a counselor. You can always give it a try—you are not obligated to continue.
- Counseling is a positive step for people when they are struggling. People don't feel bad about themselves when they need assistance from a mechanic, doctor or lawyer. Seeking counseling is no different—it is a wise choice and a sign of strength.
- Some people don't feel comfortable discussing their feelings. While feelings are important, sessions can instead focus on problem-solving, stress management and assertiveness skills, to name a few.
- We strive to provide services that respect and celebrate all aspects of diversity, including but not limited to: ethnic and racial identity, sexual orientation, sexual and gender identity, physical and mental ability, age, national origin, religious identity, socioeconomic status, political ideology, military status, body size, physical appearance and cultural heritage/values.



## Eligibility and Cost

Services are available to all currently enrolled USI students (services for faculty and staff are available through the University's EAP provider, Deaconess Concern). Students needing extensive or specialized services may be referred to community resources.

All services are supported by tuition and student fees, and students do not need to pay extra to access counseling services. However, students found responsible for certain violations of the *Code of Student Behavior* may be charged an additional administrative fee for a Substance Use Assessment.

## Crisis Services

The Counseling Center is available to all students during a crisis (even if a student has already been referred to community resources). Typical emergencies include but are not limited to:

- Thoughts of suicide
- Engagement in self-harm (example: cutting)
- Sexual assault, sexual harassment, interpersonal violence and stalking
- Experiencing a significant traumatic event
- Mental health difficulties that are physically dangerous
- Experiencing discrimination and prejudice

**If you have an urgent or life-threatening situation,** come to, or call, the Counseling Center and inform the front office personnel that you have an emergency situation. **DO NOT send an email or leave a message—we want to talk with you!** If you are unsure whether your situation is an emergency, please let us know.

After normal business hours, use one of the following resources in an emergency:

### Suicide

#### National Suicide Prevention Lifeline

1-800-273-TALK (8255); Veterans press 1

#### Southwest Behavioral Health Suicide Prevention Line

812-422-1100

#### The Trevor Lifeline (for LGBTQ individuals)

1-866-488-7386

### Domestic Violence

#### Albion Fellows Bacon Center – Domestic Violence

812-422-5622

### Sexual Assault

#### National Sexual Assault Hotline

1-800-656-HOPE (4673)

#### Albion Fellows Bacon Center – Sexual Assault

812-424-7273

### In case of an immediate life-threatening emergency

**On campus:** 812-492-7777

**Off campus:** 911 or go to the nearest emergency room

## Benefits of Counseling

### Objectivity

In counseling, you receive assistance from a caring professional who is not directly impacted by how you live your life or the choices you make. You don't have to censor yourself.

### Confidentiality

Except in limited circumstances, all communications, including your decision to even seek counseling, are kept between you and the Counseling Center. We value your privacy.