



THE UNIVERSITY OF TEXAS AT DALLAS

# Student Counseling Center

The UTD Student Counseling Center provides programs and services designed to assist students in achieving emotional well-being necessary to success. Help is given to students to manage academic and personal demands more effectively. The Counseling Center's professional staff of licensed psychologists/counselors is available by appointment or in times of emergency. All counseling is confidential. For information regarding Counseling as well as sign-up materials, see [Services](#). Our [Workshop](#) series for the spring series has ended, please stay tuned for the fall schedule.

See [Resources](#) for Information for concerned parents, faculty/staff and members of the community. The UTD Counseling Center provides training for [doctoral level interns](#) and [practicum students](#).

We are a proud member of UTD's Safe Zone. [Safe Zone](#) is a program that celebrates diversity.

## Typical Concerns of Counseling Center Clients

- "I often feel sad and don't know why."
- "My mind goes blank during tests."
- "It's hard for me to talk to people."
- "My partner just left me."
- "I have no confidence in myself."
- "I don't know if college is for me."
- "I can't get my work done on time."
- "My partner is pressuring me to have sex."
- "I'm having a hard time juggling work, school and family."
- "I'm having trouble trusting my partner."
- "I have a friend who drinks too much."
- "My partner is hitting me."
- "I worry too much."
- "I can't decide whether to stay or leave the relationship I'm in."
- "I'm having panic attacks and don't know what to do."

If you have any concerns, please [Contact Us](#) for an appointment.

## Campus Tragedies

We recognize that you may be having significant reactions or distress in response to the Virginia Tech shootings. It also may trigger feelings about past losses or tragedies. The UTD Student Counseling Center is available as a source of support for students. The American Psychological Association's "[Managing Traumatic Stress](#)" provides helpful information.

## Emergency Services

For mental health emergencies during business hours, the UTD Counseling Center provides prompt counseling.

To access this service, drop by our office located on the first floor of the Student Union in room 1.608 or call 972-883-2575.

For mental health emergencies that cannot wait until business hours, call 972-883-2575. A recorded message will give you information on accessing the mental health professional on call.

For more information regarding Emergency Services, see [Resources](#).

Updated: April 23, 2007