**What We Offer (all services are confidential):**

* **Counseling** for Individuals and Couples
* **Consultation** Services (for students, faculty, and staff)
* [**Workshops**](https://gustavus.edu/counseling/SERVICES/GroupCounseling.php)(Topics include anxiety, interpersonal skills and development, stress management and resiliency, depression, grief/loss, etc. [Follow this link for descriptions.](https://gustavus.edu/counseling/SERVICES/GroupCounseling.php))
* [**Support Groups**](https://gustavus.edu/counseling/SERVICES/GroupCounseling.php) -- Queer & Questioning, [Mosaic Dialog](https://gustavus.edu/counseling/SERVICES/MosaicDialog.php)
* **Referrals** to resources on or off campus.
* Other Perks: [Meditation Chair](https://gustavus.edu/counseling/RESOURCES/GuidedMeditation&RelaxationTools.php), Lending Library (books, seasonal affective disorder therapy lamps), [Learn to Live](https://gustavus.edu/counseling/SERVICES/LearntoLive.php)

**Resources for Faculty and Staff:**

* [Managing Adjustment to College Handout](https://gustavus.edu/counseling/concertFiles/media/Managing_Adjustment_to_College.pdf)
* [For Faculty & Staff: How to Help a Student](https://gustavus.edu/counseling/help-students.php)
* See Resource Pages on [Our Website](https://gustavus.edu/counseling/)
  + Go to our home web page > see menu on left > click on “Resources”
  + [COVID-19 Support](https://gustavus.edu/counseling/covid-resources.php), [BIPOC Support](https://gustavus.edu/counseling/RESOURCES/BIPOC&Anti-Racism.php), [Activist Burnout/Self-Care](https://gustavus.edu/counseling/RESOURCES/BIPOC&Anti-Racism.php), [Anti-Racism](https://gustavus.edu/counseling/RESOURCES/BIPOC&Anti-Racism.php), [LGBTQ+ Student Support](https://gustavus.edu/counseling/RESOURCES/LGBTQ+Students.php), [International Students & Students Studying Abroad](https://gustavus.edu/counseling/RESOURCES/InternationalStudents.php), [Meditations](https://gustavus.edu/counseling/RESOURCES/GuidedMeditation&RelaxationTools.php), [Grief](https://gustavus.edu/counseling/Grief/index.php), [Suicide Prevention & Mental Health Crisis Resources](https://gustavus.edu/counseling/suicide-prevention.php), [Depression](https://gustavus.edu/counseling/depression.php), [Sexual Assault](https://gustavus.edu/sart/), [For Students: How to Help a Classmate](https://gustavus.edu/counseling/help-classmates.php), Helpful Handouts List
* For consultation on how to support a student in need, feel free to stop in our office, call, or email us with any questions.

**How Students Can Connect with Us:**

* **To Schedule an Appointment for Daily Screenings to Start Services**
  + Stop in our office JSU 204
  + Call us (507) 933-7027
  + Email us [counselingcenter@gustavus.edu](mailto:counselingcenter@gustavus.edu)
* [**Let’s Talk**](https://gustavus.edu/counseling/SERVICES/letstalk.php)
  + Brief walk-in meetings with therapists for consultation, resources, and referrals. Held each weekday classes are in session. No appointment needed. Held in the Counseling Hub (JSU 222).
* **Emergency Appointments**
  + We hold time slots each work day for triaged emergency appointments. Students can walk-in or call us for further information on how to schedule these.
  + Students can also call the new Gustavus Student Crisis Line in these situations.
* **After Hours Support** (We are open M - F from 8 am - 4:45 pm)
  + Campus Safety 8888
  + **Gustavus Student Crisis Line - 507-933-7222** (24/7/365 support)
  + 911
  + [Other Crisis Support Services](https://gustavus.edu/counseling/suicide-prevention.php)