WHAT TO EXPECT from Individual Counseling with Student Well-Being

Scheduling a counseling appointment:
To schedule a session call 573.341.4211, or visit 204 Norwood Hall if you prefer, stating you'd like to schedule a counseling session. The support staff will take contact information from you, but will not ask any personal questions. You will first be scheduled for an initial screening with a licensed counselor and next steps will be determined after that screening. Counseling sessions are free for all enrolled students and are solution-focused in nature.

During a counseling appointment:
You will meet with a licensed counselor in a private setting, most likely the counselor's office in 204 Norwood Hall. Virtual sessions are available on an as-needed basis. Counselors are NOT Mandated Reporters, meaning all contact with a counselor is confidential (similar to a healthcare provider). You will discuss your concerns, be provided support and information, and determine next steps. Initial screenings last around 20-30 minutes, while a counseling appointment lasts around 50 minutes.

After a counseling appointment:
You and your counselor will determine next steps after your first screening/appointment. Typically, your next step will be discussed before you leave, such as scheduling another session. At any time you can choose to see a different counselor or ask for off-campus referrals. Your personal information will be confidentially stored but will never be shared with anyone without your written permission. There is a limit of six individual counseling sessions per semester (limit does not apply to support groups or other contact with counselors or staff).

Learn more about individual counseling appointments: wellbeing.mst.edu/appointments/counseling-appointments