

▶ HELP SCREENS

- Counseling at SHSU
- Study Skills
- Test Taking Strategies
- Test Anxiety
- Speaker's Anxiety
- Relaxation Techniques
- Short Relaxation Techniques
- Biofeedback
- Breathing Techniques
- Resources for Students With Disabilities
- Violence in Relationships
- Eating Disorders
- Coping with Stress
- Love and Relationships
- Headaches
- Anxiety
- Attention Deficit Disorder
- Sexual Assault

▶ SITE SEARCH

Search 

Web People

Personal Counseling

Outreach/ Consultation

Training Programs

Services for Students with Disabilities



▶ SCREENINGS

Free confidential screenings for Depression, Post Traumatic Stress, Eating Disorders and Alcohol use.



Sam Houston Counseling Center

Box 2059
Huntsville, TX 77341-2059

Phone: 936.294.1720
Fax: 936.294.3794

▶ COUNSEL LINK

- How to Make an Appointment
- Confidentiality
- Fees
- Mission Statement
- Staff



Personal Counseling | Outreach/Consultation | Training Programs | Services for Students with Disabilities

E-Mail Policy

The staff of Sam Houston State University Counseling Center welcomes contact with students. However, we feel that e-mail is not the best method to use in serving students. It does not protect our clients' rights to confidentiality.

If you need to speak with a counselor, please call or stop by our office. The counseling center is located across from the Lee Drain Building, next to the Farrington Building. The telephone number is (936) 294-1720. If you have an emergency after hours, please contact UPD at (936) 294-1794.

Sam Houston State University | Student Services
A Member of The Texas State University System