

▶ 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 

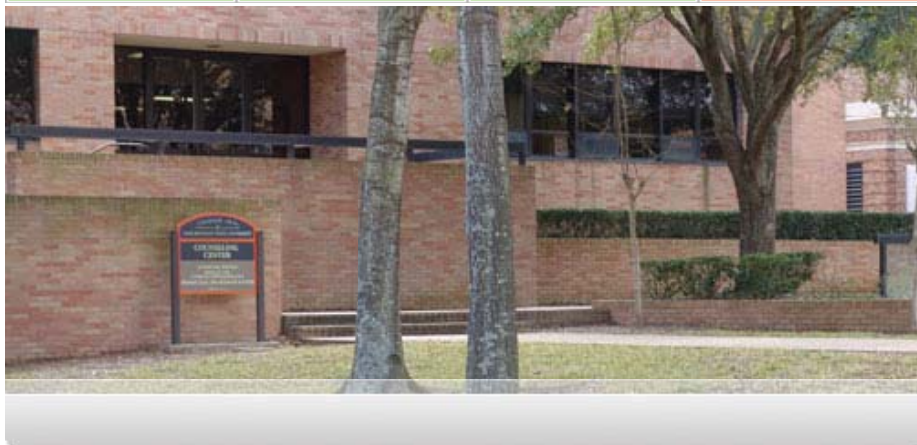
Web People

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

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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.