



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER™

Counseling Center

The Counseling Center @TTUHSC is a counseling benefit provided by your employer. Here are some important things for you to know:

- Counseling is **for you and those in your household** (spouse, partner, or minor child); individual, couple or family counseling is available.
- Counseling is **confidential**; state laws protect clients' confidentiality.
- Counseling is **free**; you have 6-8 counseling sessions available to you, depending on your employer. Referrals are given for long-term counseling.
- Counselors are licensed by the State of Texas and have the knowledge and experience to assist you.
- Phone numbers serve as a 24-hour crisis line.
- Offices are located in the Texas Tech Health Sciences Center (1A300).

Counseling is available for any of the following concerns:

Depression	Excessive stress or anxiety
Alcohol and/or drug abuse	Workplace issues
Grief and loss	Better couple communication
Managing family conflict	Self-esteem and identity issues
Healing from trauma	Career choices

The COUNSELING CENTER @ TTUHSC

Texas Tech University Health Sciences Center

3601 4th Street – STOP 8119, Lubbock, TX

1A300 (first floor, east wing)

806.743.1327 1.800.327.0328

counselingcenter@ttuhsc.edu

www.ttuhsc.edu/counseling

When we are no longer able to change a situation, we are challenged to change ourselves.

–Viktor E. Frankl