The TTUHSC Program of Assistance for Students (PAS) is a resource to promote health and wellness in your personal and academic life. Here are some important things for you to know:

- Counseling is confidential; state laws protect clients’ confidentiality.
- Counseling is free; you have 6 counseling sessions available to you. 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.
- Counseling provided to Lubbock students at The Counseling Center @TTUHSC (1A300). Students in other locations should access our website for the provider in their area.

Counseling is available for any of the following concerns:
- Family and relationship problems
- Depression
- Excessive stress
- Anxiety
- Substance abuse
- Other problems

If you are a distance or online student please call The Counseling Center @ TTUHSC for information on satellite locations or tele-visits. Tele-visits are only available for students outside of the Lubbock area or any of our provider cities.

THE COUNSELING CENTER @TTUHSC
Dr. Alan Korinek, Managing Director
Kristie Collins, Associate Director

Texas Tech University Health Sciences Center
3601 4th Street STOP 8119
Lubbock, Texas 79430-8119
Room 1A300 (first floor, east wing)
806.743.1327 • 1-800-327-0328
counselingcenter@ttuhsc.edu

THINGS TO DO FOR YOUR MENTAL HEALTH
(1) Talk about your feelings (2) Keep Active (3) Eat well (4) Drink sensibly (5) Keep in touch (6) Ask for help (7) Take a break (8) Do something you’re good at (9) Accept who you are (10) Care for others

Mental Health Foundation