



## TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER™

### Counseling Center

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 8 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.

### The Counseling Center @TTUHSC

For an Appointment Call:

**806.743.1327**

*Confidential and Free*

[WWW.TTUHSC.EDU/COUNSELING](http://WWW.TTUHSC.EDU/COUNSELING)

### THE COUNSELING CENTER @ TTUHSC

Services 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 The Counseling Center @TTUHSC for information on satellite locations or tele-visits.*

*Additional resources for all TTUHSC students:*



# TAO

Therapy Assistance Online



*Texas Tech University Health Sciences Center*

*3601 4th Street STOP 8119*

*Lubbock, TX 79430-8119*

*Room 1A300 (first floor, east wing)*

*806.743.1327 or 1.800.327.0328*

*[counselingcenter@ttuhsc.edu](mailto:counselingcenter@ttuhsc.edu)*