



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 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.

THE COUNSELING CENTER @TTUHSC

For an Appointment Call:
806.743.1327

Confidential and Free

WWW.TTUHSC.EDU/COUNSELING

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

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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