

Texas A&M University Kingsville

Student Health and Wellness, Counseling Services

<https://www.tamuk.edu/shw/counseling-services/index.html>

Personal Counseling

Student Health and Wellness, Counseling Services, offers individual personal counseling focusing on short-term treatment goals in order to facilitate adjustment, improve functioning, and

Let's TeleTalk consultations are:

- Free of charge
- Confidential
- Offered on a first-come, first-served basis
- Brief and informal (not a clinical service and not a substitute for ongoing counseling)

Let's TeleTalk is often the best fit for those students who:

- Are not sure about counseling and wonder what it is like to talk with a counselor
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- o Improve connections
- o Improve time management skills
- o Develop relationships
- o Increase communication skills
- o Develop/Increase assertion skills
- o Develop/Improve leadership skills
- o Increase self-esteem
- o Stress management
- o Decision-making skills
- o Learn how to make a positive influence

DAAPP – Drug and Alcohol Prevention Program

What is it?

- The DAAPP program is a one-on-one alcohol and/or other drug prevention and education program.
- This is not an abstinence-only program. Instead, this is a harm reduction approach to using alcohol and other drugs.
- The program consists of 4-5 sessions (One session per week; each session is 50 minutes). Appointments are offered face-to-face or through our tele-mental health platform Zoom.
- The SASSI® (Substance Abuse Subtle Screening Inventory) and the E-Check Up for Marijuana and Alcohol are given to gain insight to help identify the probability of developing a substance dependence disorder.
- It's private and confidential.
- Improve your overall wellbeing, learn more about yourself, and interact with the world around you.

Benefits :

- Identify your personal concerns
- Implement goals
- Increase self-esteem
- Shatter myths
- Avoid harmful consequences
- Reduce risky behavior
- Increase decision-making skills
- Identify personal values

Next Steps – Career Counseling

- The Next Steps Career Counseling Program is designed to assist students who are unsure of their major, unsure of their career, or unsure of their future goals or plans. Counseling Services helps students explore the possibilities and create a plan to achieve personal objectives.
- The program utilizes the FOCUS-2, which is an online, interactive career & education planning system that combines self-assessment, career exploration, and decision making into one comprehensive program. FOCUS-2 helps to map out a career path and select the right major area of study to support career goals.
- The program consists of 3 – 5 sessions, is free and confidential to all currently enrolled students. Appointments are offered face-to-face or through our tele-mental health platform Zoom.

- SHW Counseling Services partners with Career Services for seamless programming.

QPR: Suicide Prevention

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

- We can all save lives. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.
- The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.
- QPR can be learned in our Gatekeeper course in as little as one hour.

Upcoming dates and times may be found here: <https://calendar.tamuk.edu/>