## MENTAL HEALTH COUNSELING CENTER

## **Contact Information**

BA 156, (507) 537-7150, Email: Mental Health@SMSU.edu (Counseling.Testing@SMSU.edu), Fax: (507) 537-7979

College is a time of change that can be very exciting as well as stressful and challenging. Stress, depression, anxiety, relationship concerns, loneliness, or other personal issues can affect students' well-being. SMSU Mental Health Counseling Center is staffed by mental health professionals who provide confidential, short-term counseling services.

Counseling is available and free to students who are currently enrolled at SMSU and who reside in the state of Minnesota at the time of counseling. Students do not have to be in crisis to access counseling services!