Mines Counseling Center: Fall 2021 Services Overview

The Counseling Center is staffed by licensed and experienced professionals, skilled in handling a variety of presenting concerns from students. The services offered are designed to assist students in resolving issues that interfere with their ability to successfully navigate the Mines journey. All services are confidential, voluntary, and covered by student fees. Please visit our website, COUNSELING.MINES.EDU, for more information or to request services.

This semester, we will provide a variety of virtual and in-person services to support our students and ensure they know they are not alone.

- **Short-Term Individual Therapy: Virtual or in-person** options for confidential, solution-focused brief individual therapy. Schedule a phone consultation to learn more.
- **Office Hours:** Personalized and private, 1-on-1 support with a therapist from the Counseling Center – ask a question about a friend, get support for your anxiety, troubleshoot sleep or relationship struggles, or just talk with someone to help you maintain your balance. Facilitated by Mines Counselors. Mondays & Tuesdays from 11:30am-12:30pm, Fridays from 2:00pm – 3:00pm on Zoom.
- **Peer-to-Peer Support Group:** This group is a supportive environment that encourages students to talk to each other about their wellbeing at Mines. Completely confidential and facilitated by Graduate Social Work Interns and Mines Peer Educators. Wednesdays & Thursdays from 4:00-5:00pm on Zoom.
- **Wellness Workshops: Virtual,** 30-minute seminars to help students thrive in their college experience. The workshops offered this semester include Self-Care Essentials, Refresh Your Perspective, Stress Busters, Tackling Test Anxiety, Social Media: Supporting Connection or Isolation, Coping with Grief, Sharpen Your Social Skills, Imposter Syndrome, Body Kindness & Respect, Trauma and the Brain, Video Games and the Impact of Chronic Over-Stimulation, Improving Activation, Focus and Effort. **In-Person** 30-minute session: The Art of De-Stressing.
- **Emotional Wellbeing Series:** In-person, a series of 3, 50-minute, confidential, innovative workshops created to provide quick and useful tools. Anxiety Toolbox, Mindfulness in Action.
- **From Overwhelmed to Under Control:** NEW weekly group offering, schedule a phone consult to learn more!
- **Case Management:** With a case manager, care coordination for students seeking long-term or specialized counseling in the community.

**Academic Live Care:** Free online counseling with licensed counselors in your state of residence, available to ALL Mines students. Simply sign up, review counselor profiles, schedule an appointment, and continue ongoing sessions with the same provider.

**Mindful Mondays:** Join us Mondays 3:00-3:30pm MST for a guided mindfulness meditation to calm and quiet your mind.

**Wellness Wednesdays:** Follow us @WellnessatMines to learn short and sweet tips to maintain your wellness.