

COUNSELING SERVICES

RESOURCES AVAILABLE AT THE HEALTH CENTER



**24/7 COUNSELING
CALL 214-768-2277**



**DOWNLOAD FREE
WELLTRACK APP TO ACCESS
DAILY WELLNESS TOOLS**



**CALL TO SCHEDULE A
VIRTUAL APPOINTMENT**



**JOIN NEW SUPPORT GROUPS:
BLACK VOICES, GETTING
THROUGH A PANDEMIC,
EXPRESSIVE ARTS +
SAFE SPACE**



SMU | STUDENT
AFFAIRS

The Dr. Bob Smith Health Center encourages students to utilize resources from Counseling Services.

24/7 COUNSELING

We are here to support you. Call us anytime you need help at 214-768-2277. Virtual appointments are offered M-F between 8:30 a.m. — 4:30 p.m. If you call after hours and need immediate attention, press 2 to connect with an on-call counselor 24/7.

DOWNLOAD WELLTRACK APP

WellTrack is a free app for the SMU community designed to help you understand your mental health and to provide you with the support you need right now— anytime, anywhere. The app features five wellness tools: an initial assessment, self-help therapy, practicing mindfulness, tracking your progress, and maintaining your mental health. The app is available in both the [Apple Store](#) and [Google Play](#).

SCHEDULE A VIRTUAL APPOINTMENT

We want to keep you safe while continuing to be a resource. Therefore, we are moving all appointments online. Virtual sessions are confidential and free to all SMU students. The initial consultation is only 30 minutes. Call 214-768-2277 to schedule your appointment. If we miss your call, please leave a message with your name and SMU ID, and we will get back to you as soon as possible.

JOIN A SUPPORT GROUP

Feeling anxious, stressed, or depressed? Visit our website and select group counseling to join a support group or call 214-768-2277. Our groups provide a space for giving and receiving feedback and support, allowing you to gain multiple perspectives, practice skills, try out new behaviors, and learn how to have more satisfying relationships.

Fall 2020 support groups:

- Black Voices (New!)
- Getting Through A Pandemic (New!)
- Expressive Arts + Safe Space (New!)
- Meditation
- Graduate Support Group
- Managing Anxiety
- Survivors of Sexual Assault

QUESTIONS?

Call the Health Center at 214-768-2141.