

RESOURCES FOR STUDENTS: IMPROVING WELL-BEING

Student Help Website



usm.edu/student-help

USM's Help website provides links to on- and off-campus resources for students, including academic help, financial help, health and wellness help, mental and emotional health help, self help, social help, and technology help.

Student Counseling Services



usm.edu/student-counseling-services

601-266-4829

Contact: Deena Crawford at deena.crawford@usm.edu

crawford@usm.edu

Price: Free

Sees students on a short-term basis for counseling and provides assistance to walk-ins and students in crisis. Student Counseling Services provides care to students with a wide range of concerns, particularly those related to the development of strong coping skills and issues that interfere with academic achievement.

Moffitt Health Center



usm.edu/student-health-services

601-266-5390

Price: Varies by service; \$20 provider fee

Moffitt Health Center is a full-service primary care/urgent care facility open to all currently enrolled students and employees at Southern miss. Services provided include preventative care and treatment for illnesses and common mental health challenges such as stress, depression, and anxiety. Labs, x-ray, and immunizations are also accessible. Telemedicine appointments available and we ask that students bring a copy of their insurance card with them to their first visit with us. Students also have access to a full services pharmacy where they can get prescriptions filled from both our providers and off-campus providers.

Title IX Office



usm.edu/sexual-misconduct

Contact: Cristin Reynolds at 601.266.6804 or cristin.reynolds@usm.edu

The Title IX coordinator's job is to investigate and respond to reports of harassment or discrimination based on sex, gender, gender identity, sexual orientation, or pregnancy and parenting status.

Center for Behavioral Health



usm.edu/behavioral-health

601-266-4601

Provides counseling and psychological assessment to students, staff, faculty, and community adults on issues related to coping, adjustment (e.g., to college life), academic success, and major or career choices. They also provide services related to anxiety, depression, homesickness, grief and loss, relationship issues, adult ADHD, and other common challenges. Fees for individual counseling/therapy services are on a sliding scale based on income, and are kept as low as possible.

Center for Family Therapy



usm.edu/child-development-family-sciences/center-family-therapy.php

Contact: 601.266.5475

Price: Sliding scale, \$5 for students, \$10 for faculty and staff

Provides individual, couple and family therapy to USM faculty, staff, students and to the community. They focus on communication and relationship issues, life transition concerns, anxiety, stress management and other general challenges that persons in relationships face.

Student Accessibility Services



usm.edu/student-accessibility-services

Contact: 601.266.5024 or oda@usm.edu

Student Accessibility Services (formerly the Office of Disability Accommodations) verifies students' eligibility for accommodations under the Americans with Disabilities Act, and works with students, faculty, and staff to ensure that students with disabilities have full access and the encouragement to participate in all university activities.

CARES



usm.edu/student-affairs/cares.php

CARES addresses situations that disrupt the safe and productive living and learning community, including, but not limited to, self-harm, family difficulties, stress management, mental health concerns, addictions, Code of Conduct violations, Title IX issues, Clery Act related issues, and issues of academic integrity (e.g. plagiarism).