

Counseling Services

Professional counselors are available to help students work through a variety of issues that they might be facing.

Services commonly address:

- Stress
- Anxiety
- Depression
- Grief
- Anger
- Relationships
- Sexual Assault
- Self-Esteem
- Time Management
- Cultural Issues
- Adjusting to life in the U.S.
- Study Skills
- Family Concerns
- Grades
- Homesickness

Missouri Western State University Counseling Center

Eder 203

4525 Downs Drive

St. Joseph, MO 64507

Phone: (816) 271-4327

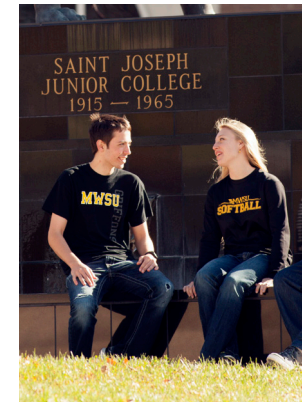
Fax: (816) 271-5930



www.missouriwestern.edu/counseling



Missouri Western State University Counseling Center





OUR MISSION

The Counseling Center is designed to help students with problems, both academic and personal, that might interfere with their educational pursuits.



Confidentiality

All counseling records are kept strictly confidential and are not a part of University records. Information is shared only with the client's written permission. Exceptions to confidentiality include situations when the client poses a threat to themselves or others.



Hours and Appointments

The Counseling Center is open throughout the year Monday-Friday from 8:00 a.m. to 4:30 p.m.

Appointments can be made by calling (816) 271-4327 or by visiting Eder 203.

In case of emergency, contact University Police at (816) 271-4438 or 911.

Eligibility and Cost

All students enrolled in classes at Missouri Western are eligible for free counseling services.

Credentials of Staff

The staff of the Counseling Center is composed of individuals with advanced degrees in psychology, counseling, and social work. Supplemental training and experience of the staff also include areas of expertise in stress management, biofeedback, assertiveness, self-care, domestic violence, sexual abuse, trauma, and interpersonal communication.



Our counseling staff has been together for more than a decade and represents over 75 years of cumulative counseling experience.