OUR MISSION:
People of faith serving anyone in need by strengthening families and promoting respect for human dignity and life.

DENISSE RODRIGUEZ
Office Assistant
denisse-rodriguez@ccctx.org
979.822.9340 ext. 101 direct
979.822.6754 fax
Brazos Valley Office
1410 Cavitt Ave.
Bryan, Texas 77801
www.ccctx.org

TAMMY DAVIS, LMSW
Counselor
tammy-davis@ccctx.org
979.822.9340 ext. 112 direct
979.822.6754 fax
Brazos Valley Office
1410 Cavitt Ave.
Bryan, Texas 77801
www.ccctx.org

OUR MISSION:
People of faith serving anyone in need by strengthening families and promoting respect for human dignity and life.
Wells Counseling Services

Pursuing the transformation through personal counseling, offering counseling services in the integration of Biblical values, relational counseling, and 20 years of experience.

TO SCHEDULE A SESSION VISIT: WELSCOUNSELING.COM

547 Williams Drive, Suite 103
College Station, TX 77845
- 979-986-0343
- info@wellscounseling.com

20 Years of Counseling Experience
- Marriage & Premarital
- Adolescent & Student
- Trauma & Grief
- Missionary Soul Care
- LPC Supervisor

Founded in Houston in 2004, Wells began to serve churches and families who needed to provide substance counseling to their members and communities. In 2018, after David Wells spent over nine years as a Minister of Local and Global Missions, he and his wife moved to College Station.
Texas A&M University has partnered with pacifica to give students, staff, and faculty an award-winning app for mental and emotional well-being!

- **DO meditation**
- **DO de-clutter**
- **DO healthy habits**
- **DO de-stress**
- **DO journal**
- **DO you**

Unlock Your FREE Premium access to Pacifica:
1) Download Pacifica from iTunes or Google Play
2) Sign up with your “tamu.edu” email address
3) Confirm your email for **unlimited access** to Pacifica

Visit [http://thinkpacific.com](http://thinkpacific.com) to learn more!
PERSONAL COUNSELING

Personal counseling is a process that facilitates self-discovery and growth in a confidential and non-judgmental setting. The SCS counselors are here to listen, help students explore thoughts and feelings, and develop skills to improve their wellbeing. Individual sessions are offered on short-term basis and most students who receive individual counseling are seen for an average of 3-5 sessions.

PSYCHIATRIC SERVICES

Used in conjunction with on-going counseling, psychiatric providers may recommend medication as a supplement to counseling work.

CRISIS INTERVENTION

If you find yourself in a crisis situation, you may come to the Student Counseling Service, Building 0065, for crisis intervention during business hours: 8:00 AM to 5:00 PM, Monday through Friday.

No appointment is necessary for crisis services.

After 4 PM or on weekends, you may call the HelpLine at 979.845.2700 or go to the nearest hospital emergency room.

THINGS TO KNOW

→ Confidentiality is respected to the limits allowed by law. Records are kept, but the SCS makes no record of your visits on an academic transcript or in a placement file.

→ The SCS is funded by the University Advancement Fee and there are no additional user fees for currently enrolled students.

→ The SCS is temporarily located on West Campus with the Student Services @ White Creek. Students can easily and quickly reach us using on-campus Bus Route 3.

CONNECT WITH US

@tamuscs

because YOUR mental health MATTERS to us

Disclaimer: The pictures displayed are not actual clients of the SCS. Models gave consent for their photos to be utilized for this purpose.
OUR MISSION

The Student Counseling Service (SCS) exists to advance student development and academic success by providing personalized and evidence-based mental health care to Aggies.

SCS is committed to respecting and celebrating the diverse students at Texas A&M University. We commit to enriching student development and growth through compassion, empowerment, advocacy and empathy.

COMMON CONCERNS

Concerns that are common among Texas A&M students, include:
- ADHD/LD screening
- anxiety
- career exploration & development
- couples/relationship concerns
- depression
- eating concerns
- grief & loss
- loneliness, anger, & guilt
- multicultural concerns
- self-esteem
- sexual orientation & gender identity
- stress management
- thesis/dissertation completion

PREVENTION & EDUCATION

Prevention and education services aim to extend the expertise of the SCS to the larger campus community to raise awareness about mental health and to foster a thriving academic community at Texas A&M. Services include:
- Consultation to faculty, staff and organizations
- Educational presentations, including resource tables
- Suicide Prevention Training - QPR and Campus Connect

WORKSHOPS

Anxiety Toolbox
3-session workshop intended to provide life-long tools to face anxiety-triggering situations

Getting Unstuck
3-session workshop intended to provide skills to recognize and manage depressive symptoms

Myers-Briggs Type Inventory (50 minutes)
Learn how to incorporate your personality into career planning

Strong Interest Inventory (50 minutes)
Learn how to match interests with academic majors and occupations.

Understanding Worthiness (50 minutes)
Overview of topics related to self-worth including, self-acceptance and self-compassion

GROUP COUNSELING

Group counseling provides a unique setting to share your experiences with a small group of peers and a counselor. Commonly offered semester long groups include:
- Embracing Your Self-Worth
- International Student Support
- LGBTQ+
- Managing Anxiety
- Mindfulness & Relaxation
- Thesis & Dissertation Support
- Understanding Self and Others (USO)
- Women of Color

For a complete list of the current workshops and groups, please visit our website.

HELP LINE

Talk. We’re here.
(979) 845-2700

HelpLine is a mobile app designed to help students improve their mental wellness. Students can use their Texas A&M email address to get a Premium subscription to Pacifica for free!

PACIFICA FOR EDU

The HelpLine provides information, support, referrals, and crisis intervention by phone. HelpLine is available from 4 PM - 8 AM weekdays and 24-hours a day on weekends. For emergencies that need immediate attention please call 911, go to nearest hospital emergency room or call MHMR (the local mental health agency) at 979.822.6467.
Marlene P.C. Hsi, Ph.D.
Licensed Psychologist

Entering psychotherapy parallels the process of birth: one faces the necessity to work through circumstances, pain, brokenness, dysfunctional relationships and ways of coping that no longer work in order to emerge into a freer, more authentic and integrated life. As a psychologist, it is my privilege to come compassionately alongside clients, helping them to gain emotional clarity, to develop insight and understanding, and to learn problem-solving skills.

My approach to therapy is integrative with a deep appreciation of the unique experience and journey of each client. It is primarily person-centered, providing a safe, accepting environment to unpack one’s pain and challenges. The process of therapy equips and empowers each client with a personalized set of tools and skills that may include affect regulation, cognitive perspective and reframing, compassionate self-observation, behavioral change management, and relationship communication skills.

Qualifications
Years in Practice: 30+
Ph.D: Colorado State University (1984)
Clinical Internship: University of Washington School of Medicine
Licensed in Texas
Member: National Register of Health Providers in Psychology

979-268-8199

Location
1733 Briarcrest Dr., Suite 204
Bryan TX 77802

Specialties
• Depression
• Anxiety

Client Focus
• Adults
• Individuals
• Couples

Issues
• Anxiety
• Behavioral Issues
• Coping Skills
• Chronic Illness
• Codependency
• Depression
• Family Conflict
• Grief and Loss
• Life Transitions
• Marital and Premarital
• Men’s Issues
• Relationship Issues
• Self Esteem
• Spiritual Issues
• Stress
• Trauma and PTSD
• Women’s Issues

Treatment Approach
• Cognitive Behavioral (CBT)
• Culturally Sensitive
• Emotionally Focused
• Family Systems
• Integrative
• Interpersonal
Over 30 FREE group classes for A&M faculty & staff employees!

**WELLNESS WORKS!** has partnered with Texas A&M Rec Sports and Piranha Fitness Studios to offer a variety of FREE faculty and staff fitness sessions at multiple locations. Check out our schedule below and visit our website for additional details!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15 pm – 1:00 pm</td>
<td>WELLNESS WORKS! Yoga*</td>
<td>6:30 am – 7:15 am</td>
<td>Cycle</td>
<td>12:15 pm – 1:00 pm</td>
</tr>
<tr>
<td>WELLNESS WORKS! Body Blaster*</td>
<td>Rec Center Room 2221</td>
<td></td>
<td>Piranha Fitness</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>4:45 pm – 5:30 pm</td>
<td>WELLNESS WORKS! The ABC's of Meditation</td>
<td>4:45 pm – 5:30 pm</td>
<td>Cycle</td>
<td>Rec Center Room 2221</td>
</tr>
<tr>
<td>GSC 2nd Floor Breakroom</td>
<td>GSC Breakroom</td>
<td></td>
<td>Pilates</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Facilitated by Open Sky Health</td>
<td></td>
<td></td>
<td>MSC Stark Gallery</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>4:45 pm – 5:30 pm Yoga</td>
<td>4:45 pm – 5:30 pm Yoga</td>
<td>4:45 pm – 5:30 pm</td>
<td>The ABC's of Meditation</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>PEAP 205</td>
<td>PEAP 205</td>
<td></td>
<td>GSC 2nd Floor Breakroom</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Facilitated by Open Sky Health</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>4:45 pm – 5:30 pm</td>
<td>4:45 pm – 5:30 pm</td>
<td>4:45 pm – 5:30 pm</td>
<td>Wellness Work</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Cardiac Dance</td>
<td>Yoga</td>
<td></td>
<td>WELLNESS WORKS!</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Piranha Fitness</td>
<td>PEAP 117</td>
<td></td>
<td>WELLNESS WORKS!</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>4:45 pm – 5:30 pm</td>
<td>4:45 pm – 5:30 pm</td>
<td>4:45 pm – 5:30 pm</td>
<td>4:45 pm – 5:30 pm</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Cycle</td>
<td>Yoga</td>
<td>4:45 pm – 5:30 pm</td>
<td>Cardiac Dance</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Piranha Fitness</td>
<td>PEAP 117</td>
<td></td>
<td>Piranha Fitness</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>Cardio Dance</td>
<td>5:30 pm – 6:15 pm</td>
<td>Cardio Dance</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Piranha Fitness</td>
<td>Piranha Fitness</td>
<td></td>
<td>Piranha Fitness</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Cardiac Water</td>
<td>Cardio Dance</td>
<td>5:30 pm – 6:15 pm</td>
<td>Cardio Dance</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Rec Center Indoor Pool</td>
<td>Piranha Fitness</td>
<td></td>
<td>Piranha Fitness</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>6:30 pm – 7:30 pm</td>
<td>6:30 pm – 7:30 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Cycle</td>
<td>CO – OP</td>
<td>5:30 pm – 6:15 pm</td>
<td>5:30 pm – 6:15 pm</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
<tr>
<td>Piranha Fitness</td>
<td></td>
<td></td>
<td>5:30 pm – 6:15 pm</td>
<td>WELLNESS WORKS! Rowing*</td>
</tr>
</tbody>
</table>

Unless noted, classes are facilitated by Texas A&M Rec Sports

Light grey cells denote classes that will be located at Piranha Fitness Studio - www.piranhafitnessstudio.com

Blue cells denote classes that will be located on campus

Dark grey cells denote that classes will take place at Texas A&M Student Rec Center

*Exclusive classes for staff/faculty only at Texas A&M Recreational Sports

Schedule is subject to change. No classes are held during recognized University holidays. For class descriptions and other details, visit the website: WELLNESS.TAMU.EDU
I have been in the Behavioral Health field since 1987. My passion has been in guiding individuals to achieve a sense of wholeness by fully experiencing the interconnection of their mind, body and spirit. When they all work together as they are meant to, there is balance, coherence, clarity of mind, physical energy and serenity. Stress is a natural result of facing life's challenges but is not supposed to be a constant state of being. It is necessary for growth. Maintaining balance allows us to manage stress. With over 30 years of experience working with children, adults, couples and families, I can help you and those you love to navigate the journey of growth and self-discovery, develop and prioritize strategies for achieving your goals and find balance. I start by performing a solution-focused interview to identify and build upon your unique strengths and resources. I have faith in the perseverance of the human spirit, given the right amount of time, support and the necessary tools. My passion is teaching others to unlock the ordinary miracle of healing, which is a potential within each of us. I do this as part of my individual work with clients and in the international Trauma Resolution training classes in which I am significantly involved.

**Credentials**

- Master's Degree in Counseling & Guidance
- Licensed Professional Counselor Supervisor (LPC-S) in the state of Texas, #14114
- National Board Certified Counselor (NBCC)
- Certified Somatic Experiencing® Practitioner
- Certified in Neurolinguistic Programming (NLP)

**Location:**
1009 North Earl Rudder Fwy. Bryan, Texas 77802
(979) 475-8830
Email: dmhlpc@yahoo.com

**Specialties**

- Trauma & PTSD
- Crisis Intervention
- Anxiety
- Depression
- Relationships
- Parenting
- Professional and Academic Performance
- Medical Issues/Chronic Pain
- Coordination of Care with PCP and/or Psychiatrist

**Insurances Accepted:**
Aetna, BCBS PPO, Baylor Scott & White Health Plan, Cigna, PHCS, United Healthcare/Optum
*Multiple Employee Assistance Programs*

Serving A&M employees and students since 2009

https://therapists.psychologytoday.com/rms/149841  Website: www.somatic-therapist.com
How Stress Affects Your Health

Stress: We’ve all felt it. Sometimes stress can be a positive force, motivating you to perform well at your piano recital or job interview. But often — like when you’re stuck in traffic — it’s a negative force. If you experience stress over a prolonged period of time, it could become chronic — unless you take action.

A Natural Reaction

Have you ever found yourself with sweaty hands on a first date or felt your heart pound during a scary movie? Then you know you can feel stress in both your mind and body.

This automatic response developed in our ancient ancestors as a way to protect them from predators and other threats. Faced with danger, the body kicks into gear, flooding the body with hormones that elevate your heart rate, increase your blood pressure, boost your energy and prepare you to deal with the problem.

These days, you’re not likely to face the threat of being eaten, but you probably do confront multiple challenges every day, such as meeting deadlines, paying bills and juggling childcare that make your body react the same way. As a result, your body’s natural alarm system — the “fight or flight” response — may be stuck in the “on” position, and that can have serious consequences for your health.

Pressure Points

Even short-lived, minor stress can have an impact. You might get a stomachache before you have to give a presentation, for example.

... Some people don’t know they have a problem until acute stress causes a heart attack or something worse.

More major acute stress, whether caused by a fight with your spouse or an event like an earthquake or terrorist attack, can have an even bigger impact.

Multiple studies have shown that these sudden emotional stresses — especially anger — can trigger heart attacks, arrhythmias and even sudden death. Although this happens mostly in people who already have heart disease, some people don’t know they have a problem until acute stress causes a heart attack or something worse.

Chronic Stress

When stress starts interfering with your ability to live a normal life for an extended period, it becomes even more dangerous. The longer the stress lasts, the worse it is for both your mind and body.

You might feel fatigued, unable to concentrate or irritable for no good reason, for example. But chronic stress causes wear and tear on your body, too.

Stress can make existing problems worse. In one study, for example, about half the participants saw improvements in chronic headaches after learning how to stop the stress-producing habit of “catastrophizing,” or constantly thinking negative thoughts about their pain.

Chronic stress may also cause disease, either because of changes in your body or the overeating, smoking and other bad habits people use to cope with stress.
Job strain — high demands coupled with low decision-making latitude — is associated with increased risk of coronary disease, for example.\(^4\) Other forms of chronic stress, such as depression and low levels of social support, have also been implicated in increased cardiovascular risk.

And once you’re sick, stress can also make it harder to recover. One analysis of past studies, for instance, suggests that cardiac patients with so-called “Type D” personalities — characterized by chronic distress — face higher risks of bad outcomes.\(^5\)

**WHAT YOU CAN DO**

Reducing your stress levels can not only make you feel better right now, but may also protect your health long-term.

In one study, researchers examined the association between “positive affect” — feelings like happiness, joy, contentment and enthusiasm — and the development of coronary heart disease over a decade.\(^6\) They found that for every one-point increase in positive affect on a five-point scale, the rate of heart disease dropped by 22 percent.

While the study doesn’t prove that increasing positive affect decreases cardiovascular risks, the researchers recommend boosting your positive affect by making a little time for enjoyable activities every day.

Other strategies for reducing stress include:

- **Identify what’s causing stress.** Monitor your state of mind throughout the day. If you feel stressed, write down the cause, your thoughts and your mood. Once you know what’s bothering you, develop a plan for addressing it. That might mean setting more reasonable expectations for yourself and others or asking for help with household responsibilities, job assignments or other tasks. List all your commitments, assess your priorities and then eliminate any tasks that are not absolutely essential.

- **Build strong relationships.** Relationships can be a source of stress. Research has found that negative, hostile reactions with your spouse cause immediate changes in stress-sensitive hormones, for example.\(^7\) But relationships can also serve as stress buffers. Reach out to family members or close friends and let them know you’re having a tough time. They may be able to offer practical assistance and support, useful ideas or just a fresh perspective as you begin to tackle whatever is causing your stress.

- **Walk away when you’re angry.** Before you react, take time to regroup by counting to 10. Then reconsider. Walking or other physical activities can also help you work off steam. Plus, exercise increases the production of endorphins, your body’s natural mood-booster. Commit to a daily walk or other form of exercise — a small step that can make a big difference in reducing stress levels.

- **Rest your mind.** According to APA’s 2012 Stress in America\(^8\) survey, stress keeps more than 40 percent of adults waking awake at night. To help ensure you get the recommended seven or eight hours of shut-eye, cut back on caffeine, remove distractions such as television or computers from your bedroom, and go to bed at the same time each night. Research shows that activities like yoga and relaxation exercises not only help reduce stress, but also boost immune functioning.\(^8\)

- **Get help.** If you continue to feel overwhelmed, consult with a psychologist or other licensed mental health professional who can help you learn how to manage stress effectively. He or she can help you identify situations or behaviors that contribute to your chronic stress and then develop an action plan for changing them.

---

8. Ibid.
OVERCOMING DEPRESSION

HOW PSYCHOLOGISTS HELP WITH DEPRESSIVE DISORDERS

Everyone experiences sadness at times. But depression is something more. Depression is extreme sadness or despair that lasts more than days. It interferes with the activities of daily life and can even cause physical pain. Fortunately, depression is highly treatable.

Understanding depression

Depression, also known as major depressive disorder or clinical depression, is one of the most common mental disorders in the United States. In 2014, an estimated 15.7 million adults in the U.S. — about 6.7 percent of all U.S. adults — had at least one major depressive episode, according to the National Institute of Mental Health.

Depression affects different people in different ways, but most of them experience some combination of the following symptoms:

- Prolonged sadness or feelings of emptiness
- Feelings of helplessness or hopelessness
- Feelings of guilt or worthlessness
- Anger and irritability
- Restlessness
- Difficulty concentrating
- Fatigue
- Changes in sleep patterns
- Appetite changes
- Chronic pain, headaches or stomach aches
- Loss of interest in activities
- Withdrawal from friends and family
- Thoughts of death or suicide

Depression is caused by a combination of genetic, biological, psychological, social and environmental factors. People who have a family history of depression, and people with serious chronic diseases such as heart disease or cancer, are at an increased risk of depression. Major life changes, trauma and stress can also bring about an episode of depression, although some episodes of depression begin without any obvious external cause.

Treatment for depression

Depression isn't a sign of weakness. It's not something you can just "snap out of." It's an illness that requires professional treatment. Yet with the right care, people can feel better.

Antidepressant medications can be helpful for reducing depression symptoms in some people, especially in people with severe depression. Psychotherapy is also an effective treatment, either alone or in combination with medications. The benefits of psychotherapy may have an enduring effect that protects against symptoms returning even after treatment is ended.

Seeing a psychologist about depression

Licensed psychologists are highly trained mental health professionals with experience in helping patients recover from depression. Several different approaches to psychotherapy have been shown to help individuals recover from depression, especially those with mild to moderate depression.

Psychotherapy can help people with depression to:

- Pinpoint life events that contribute to their depression and help them find ways to change, accept or adapt to those situations
- Set realistic goals for the future

continued >>
• Identify distorted thought processes or unhelpful behaviors that contribute to feelings of hopelessness and helplessness
• Develop skills to cope with symptoms and problems, and identify or prevent future episodes of depression
• Two of the most common evidence-based therapies for depression are cognitive behavioral therapy and interpersonal therapy.

**Cognitive behavioral therapy (CBT)** is a type of therapy in which patients learn to identify and manage negative thought and behavior patterns that can contribute to their depression. CBT helps patients identify unhelpful or negative thinking, change inaccurate beliefs, change behaviors that might make depression worse and interact with others in more positive ways.

**Interpersonal therapy (IPT)** is a form of therapy in which patients learn to improve their relationships with others by better expressing their emotions and solving problems in healthier ways. IPT helps patients resolve or adapt to troubling life events, build social skills and organize their relationships to increase support for coping with depressive symptoms and life stressors.

*Psychotherapy can help patients learn ways to better cope with stress and manage their symptoms of depression.*

There is no one “right” approach to therapy. Therapists work closely with their patients to create tailored treatment plans to address their unique needs and concerns. Psychotherapy can help patients learn ways to better cope with stress and manage their symptoms of depression. These strategies can lead to recovery and enable patients to function at their best.

To find a licensed psychologist in your area, use our [PsychologistLocator.org](https://psychologistlocator.org).

*The American Psychological Association gratefully acknowledges Laura Mufson, PhD, Lynn Bufka, PhD, and C. Vaile Wright, PhD for contributing to this fact sheet.*
Catholic Charities Counseling Services provides affordable, high quality mental health services for children, adults, couples and families to help them with life’s challenges.

Our goal is to increase the availability of care to many individuals and families by helping them overcome the barriers of distance, stigma, language or cost.

Catholic Charities employ licensed counselors who have a variety of specialties including:

- Anxiety and Depression
- Couple and Family Issues
- Grief & Loss
- Trauma
- Child and Adolescent Counseling Services

Sessions can be conducted either “In Person” or via “Virtual Therapy (Tele-therapy)” and are completely confidential. Both English and Spanish speaking counselors are available.

What is Virtual Therapy?
Virtual therapy (or Tele-therapy) is providing mental health counseling services through a video session with your counselor where you see each other and talk with each other in a virtual face-to-face setting via the internet. If you’ve ever used Skype or FaceTime on your iPhone, you’ve used the same process.

Why should I seek services using Virtual Therapy?
For some in our 25 county region, traveling to one of our office locations for counseling is often not convenient. However, modern technology allows our counselors to connect with clients no matter where they live.

How much does therapy cost?
Catholic Charities' Counseling Services program operates on a sliding scale fee based on income and accepts Medicaid (through Superior Health) and Tricare insurance. All of our counseling services, including virtual therapy, use the same fee scale and payment methods.

To find a counselor, call 512-651-6150, or follow these steps:
Log onto https://portal.ccctx.org/directory

1. CREATE A LOGIN PROFILE
2. COMPLETE ONLINE INTAKE FORM
3. SCHEDULE AN APPOINTMENT
Catholic Charities Servicios de Consejería ofrece servicios de salud mental de alta calidad para niños, adultos, parejas y familias para ayudar con los desafíos de la vida.

Nuestra meta es incrementar la disponibilidad de servicios de salud mental a más personas eliminando barreras de distancia, estigma o costo.

Catholic Charities tiene consejeros con licencia y especialidades incluyendo:

- Ansiedad y Depresión
- Temas de Parejas y Familias
- Pena y Perdida
- Trauma
- Niños y Adolecentes
- Servicios de Consejería

La sesión puede ser en persona o por video por conexión de internet segura (Terapia Virtual) y es totalmente confidencial. Tenemos consejeros que hablan inglés y español.

¿Cuanto cuesta cada sesión de consejería?

El programa de servicios de consejería de Catholic Charities usa una escala de tarifas ajustables basada en ingresos y también acepta Medicaid (Superior Health) y el seguro Tricare, incluyendo sesiones de internet segura (Terapia Virtual).

Que es Terapia Virtual?

Terapia Virtual (o “Tele-therapy”) Brinda servicios de consejería de salud mental a través de una sesión de video con su consejero donde se ven y hablan entre sí en una configuración virtual cara a cara a través de internet. Si alguna vez uso Skype o Face Time en su iPhone ha usado el mismo proceso.

Por qué deberías buscar servicios usando Terapia Virtual?

Para algunos en nuestra región de 25 condados, viajar a una de nuestras oficinas para recibir consejería a menudo no es conveniente. Sin embargo, la tecnología moderna permite a nuestros asesores conectarse con clientes sin importar dónde vivan.

Para encontrar un consejero, llame al 512-651-6150 o siga estos pasos:

1. CREE UN PERFIL DE INICIO DE SESION
2. LLENE EL FORMULARIO DE INGRESO EN LINEA
3. PROGRAME UNA CITA

Servicios de Consejería
512-651-6150
www.ccctx.org
1 in 9 mothers experience depression after giving birth.

The most common symptoms are feelings of guilt, trouble sleeping and difficulty bonding with the baby.

Stigma and fear keeps many women from seeking help. You are not alone. Contact your healthcare provider today.

www.healthytexaswomen.org
www.mentalhealthtx.org
Dial 211, option 8

Freedom From Stigma
1 in 5 people experience mental illness each year.

You are not alone.
Mental health concerns affect everyone — children, veterans, retirees, adults, students, teenagers and people who are homeless.

Get help for yourself or a loved one today.

Crisis Text Line: 741741
National Suicide Prevention Lifeline:
800-273-8255 ■ TTY: 800-799-4889
Dial 211, option 8 ■ www.mentalhealthtx.org

For more information, contact MentalHealthTX@hhsc.state.tx.us
TREATMENT RESISTANT DEPRESSION

If you have depression but have had no progress with talk therapy, your medication is not working or the side effects are intolerable; you may have what is known as treatment resistant depression.

Two proven alternatives are available, Transcranial Magnetic Stimulation (TMS) and Electroconvulsive therapy (ECT).

Both are effective in the treatment of depression, but there are numerous differences in safety and treatment tolerance.

Approximately 58% of patients with treatment resistant MDD respond positively to TMS therapy.¹

Living with depression is hard, but Major Depressive Disorder (MDD) can be especially painful when one treatment after another doesn’t help. You lose hope. Will you ever feel better?

Finding the right treatment can take time but TMS may be the treatment that will make you feel like you again.

Call For TMS Treatment
Mahesh R. Dave MD P.A.
1201-D Briarcrest Drive
Bryan, TX 77802
979-776-5600
www.Brazosdoctors.com

WHAT DO YOU WANT FROM YOUR DEPRESSION TREATMENT?

✓ Safe and effective
✓ Minimal side effects
✓ Non-invasive
✓ No anesthesia
✓ Outpatient treatment
✓ Covered by most insurance providers* (including Medicare)

Magstim® TMS Therapy for Depression
REDISCOVER THE COLOR OF LIFE

TALK TO YOUR DOCTOR ABOUT TMS TODAY

Call For TMS Treatment
Mahesh R. Dave MD P.A.
1201-D Briarcrest Drive
Bryan, TX 77802
979-776-5600
www.Brazosdoctors.com

WHAT DO YOU WANT FROM YOUR DEPRESSION TREATMENT?

✓ Safe and effective
✓ Minimal side effects
✓ Non-invasive
✓ No anesthesia
✓ Outpatient treatment
✓ Covered by most insurance providers* (including Medicare)


Magstim® is the brains behind TMS and our equipment is used in the majority of clinical studies worldwide.

Find out more www.magstim.com/patients

MK7702 03
WHAT IS TMS?
Transcranial Magnetic Stimulation (TMS) is a series of repetitive, brief and highly focused magnetic pulses, designed to stimulate brain cells.

HOW DOES IT WORK?
In depressed patients, the electrical activity in certain areas of the brain is shown to be reduced.

Using TMS targeted at these areas, we aim to re-awaken these cells, increasing brain activity to normal levels.

TMS uses a focused electromagnet to rapidly pulse a magnetic field to the targeted area. The magnetic pulses induce an electrical current in the brain, stimulating the cells into activity.

TMS is non-invasive and has very few side effects.

WHAT IS THE DIFFERENCE BETWEEN TMS AND ANTIDEPRESSANTS?
TMS is typically prescribed when antidepressants have failed, or the side effects are intolerable.

Antidepressants are systemic, which means that the medication is absorbed into the bloodstream. This can cause numerous side effects. TMS is a non-invasive, outpatient procedure with no systemic side effects.

IS TMS LIKE ECT?
TMS and Electroconvulsive Therapy (ECT) are both effective in the treatment of depression, but ECT is associated with more side effects and is significantly more intense.

ECT is performed in a hospital and you must be anesthetized and restrained during the procedure. ECT works by applying a brief electrical pulse to the brain that medically induces a seizure.

COMPARING DEPRESSION TREATMENTS AND SIDE EFFECTS

<table>
<thead>
<tr>
<th></th>
<th>Antidepressants</th>
<th>ECT</th>
<th>TMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitalization</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Blurred Vision</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Diarrhea / Constipation</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dizziness</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Dry mouth</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Insomnia / Drowsiness</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Nausea</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Sexual Dysfunction</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Weight gain</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Memory Loss</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
</tbody>
</table>

POSSIBLE SIDE EFFECTS
TMS is a safe and well tolerated treatment with very few side effects. Clinical studies show that the most common side effects are mild to moderate scalp discomfort and mild headaches, both of which are short term.

IS TMS AN OPTION FOR ME?
In the US, TMS therapy is appropriate for adults with Major Depressive Disorder (MDD), who have failed to achieve satisfactory improvement from prior antidepressant medication in the current episode.

This means that if you have been diagnosed with MDD and medications are not working, or the side effects are intolerable, you should ask your doctor about TMS.

WHAT MIGHT I EXPECT DURING MY TMS TREATMENT?
TMS is performed in a doctor’s office or clinic. Treatment sessions last less than 45 minutes and are typically performed 5 days per week over a six-week period.

You will be seated in a comfortable chair, some measurements may be taken and you may be provided with earplugs.

Your doctor will position the magnetic coil on your head and treatment will begin. You may feel a moderate tapping on your head under the treatment coil and you will remain awake and alert throughout treatment.

Following your session, you will be able to drive home and you can resume normal activities for the rest of the day.
TAMU Psychology Clinic

Clinical Psychology Doctoral Training Program

Department of Psychological & Brain Sciences
Texas A&M University
College Station, Texas
77843-4258

Suite 101 Milner Hall
4125 Ross Street
Texas A&M University Campus
(979) 845-8017

https://liberalarts.tamu.edu/psychology/phd/clinical/

https://liberalarts.tamu.edu/psychology/about/psychology-clinic/

Directions

From State Hwy 6, exit University Dr. and proceed West past Texas Ave.
Move to the left lane on University Dr.
Pass Bizzell St./College Av., Spence St., and Church Av. and then move into the two left turn lanes at the intersection of University Dr. and Ireland St./Nagle St.
Turn left onto Ireland St. and carefully move to the right to the entrance of the Northside Parking Garage.

Go to: http://aggiegrid.tamu.edu/
Type / click: Northside Parking Garage (NSG)
Type / click: Milner Hall (MILN) — TAMU
Building 0420; 425 Ross St., 77843-4258

Parking Fee

The cost for parking is clients' responsibility. $1.00 per appointment will be paid to the Clinic for parking in the Northside Parking Garage.

Instructions about parking in an unnumbered parking spot on Levels 3-6 in the Northside Parking Garage will be provided when your appointment is scheduled.

You must have a parking code (provided when your appointment is scheduled) to enter and exit the Northside Parking Garage.

Locating the Clinic

Exit the parking garage (walking) on the opposite side of the garage from which you entered on Ireland St.
Comprehensive Psychological Services

The TAMU Psychology Clinic is a not-for-profit training facility for the Clinical Psychology Doctoral Training Program in the Department of Psychology at Texas A&M University. Clinic services are provided by graduate students who are completing advanced doctoral training under the direct supervision of the Clinical Psychology faculty.

The three main functions of the Clinic are: (a) to provide professional training for Clinical Psychology graduate students, (b) to assist with clinically relevant research projects, & (c) to offer comprehensive psychological services to the Bryan-College Station community & surrounding region.

A broad range of behavioral, emotional, cognitive, developmental, life-span, health related, family-of-origin, & interpersonal issues may be addressed through Clinic services. Therapeutic approaches used by Clinic Supervisors include cognitive-behavioral, family systems, interpersonal, & psychodynamic orientations.

Clinic services are available to persons from the community & to persons affiliated with Texas A&M University (students, staff, or faculty). Prospective clients are welcomed regardless ability to pay full fees. For individuals unable to pay full fees, reduced fees are set using a sliding scale, based on annual family income & number of family members. Fees, including parking fees, are due at time of service delivery.

Specialized Clinic services include:
- psychological evaluations
- consultation with schools, allied health professionals, physicians, & community agencies
- individual adult therapy
- individual child or adolescent therapy
- family therapy
- couples therapy
- group therapy
- assessment/therapy for developmental disabilities, including Autism Spectrum Disorders
- behavioral health services

Requesting Services

Clinic office hours are 8:00 AM-6:30 PM Monday through Thursday & 8:00 AM-2:30 PM Friday. The Clinic operates 12 months per year. The Clinic is located on Level 1 of Milner Hall, which is two blocks South of University Dr. near the Sbisa Building and the water tower on campus.

Interested persons may call the Clinic at (979) 845-8017 to request, or to inquire about, services. Arrangements will be made with callers to complete a telephone interview to determine if the caller's needs match services the Clinic is equipped to provide. Some services in Spanish are available.

If a caller's needs exceed the Clinic's capacities, referrals to other agencies or behavioral health practitioners will be provided. If the Clinic is able to offer services, arrangements will be made to assign the caller to an evaluator/therapist when available. Callers may be assigned to a waiting list until a therapist becomes available.

Clinical Program Faculty

Gerianne Alexander, Ph.D., Professor; Director of Clinical Training
John Edens, Ph.D., Professor
Sherecce Fields, Ph.D., Associate Professor
Robert Heffer, Ph.D., Clinical Professor; Clinic Director; Associate Director of Clinical Training
Annamarie MacNamara, Ph.D., Assistant Professor
Mary Meagher, Ph.D., Professor
Les Morey, Ph.D., Professor
Douglas Snyder, Ph.D., Professor
Brian Stagner, Ph.D., Clinical Professor

Clinic Staff

Brandi Mathis, Administrative Associate
Bethany Harris & Jacob Walla, Clinic Coordinators
As parents and teachers, you are the first line of support for kids and teens. It’s important for you to have an open line of communication with them and build a sense of trust. When your kids and teens are having difficulties, you want them to feel comfortable turning to you for help.

Just as important is the ability to identify when your kids are struggling emotionally. Kids and teens tend to internalize their feelings. If something is troubling them, they may not speak up and ask for support. Sometimes they don’t realize that help is available. So, it’s essential for parents and teachers to be able to detect when something is wrong and how to approach your kids and teens.

Getting your kids to open up and talk to you can feel like a challenge. The following tips can be helpful in starting a conversation and understanding what’s going on in their lives.

MAKE THEM FEEL SAFE. You want to put kids and teens at ease so they feel comfortable talking to you. It is essential to make it clear why you are talking with them. Kids especially are fearful that they may be in trouble or are being punished if they are pulled aside to talk. Reassure them that this is not the case — you are there to offer support. Parents might consider scheduling a time to talk one-on-one on a regular basis, such as having lunch with your kid or teen weekly or bi-weekly.

LISTEN TO THEM. Take the time to actively listen to what your kid or teen has to say. Many times, all kids or teens want is someone who will listen to them. Try to understand their perspective before offering suggestions. Sometimes your own anxiety can prompt you to try to fix everything. But in many cases, the best help you can offer is to listen attentively.

AFFIRM AND SUPPORT THEIR NEED FOR HELP. If a kid or teen tells you they’re feeling sad or upset, for example, tell them you’re proud of them for sharing their feelings. Let them know you appreciate the courage it took for them to talk with you and for trusting you to help them. If your kid seems to need more help than you can provide, consult with an appropriate professional. You may want to start by talking to the school psychologist.

BE GENUINE. Try to avoid speaking from a script. Teens can tell when you’re not being genuine. If you are open, authentic and relaxed, it will help them to be the same.

DON’T BE AFRAID TO SAY “I DON’T KNOW.” As a parent or teacher, it is OK to admit that you don’t have all the answers. However, if a kid or teen asks you something, you should make every effort to find an answer or someone who can help.

The American Psychological Association gratefully acknowledges Laurie D. McCubbin, PhD; Stephanie S. Smith, PsyD; Lynn Schiller, PhD; Andrew J. Adler, EdD; and Diane C. Marti, PhD, for contributing to this fact sheet.

---

**WARNING SIGNS OF SUICIDE**

Suicide is preventable. The two most important steps in preventing suicide are recognizing warning signs and getting help. Warning signs may include significant alcohol or drug use, a sudden drop in school performance or talking about death or hurting oneself. If you believe your child or student is in crisis, call 911 immediately and stay with him or her while help is on the way.
Are you struggling to cope with

Anxiety, Depression, or Stress Management?

Join the Student Mental Health Support Group today!

First session - FREE
Next sessions - only $20/week

March 18 - May 13
Mondays 4-5:30 PM

Brazos Valley Mental Health and Wellness
(979) 777-1683
117 E. Royal St. in Bryan
Being Okay with the Feeling of "Not Okay": The What, Why and How of Mental Health

Amy Sharp, Student Body President
What are some ways you can personally work toward creating a more welcoming and inclusive campus community?

Leslie Casarez, LCSW, Disability Services
In what ways can you practice active listening in the work you do?

Jeremey Dew, LPC-S, Oakwood Collaborative
What are some examples of self-care you practice?

Dr. Mary Ann Covey, Director, Student Counseling Services
How can we work to counteract stigma toward mental health in our campus community?

My Commitments