

Counseling & Psychological Services



2nd Floor, Askew Student Life Center

850-644-TALK (8255)

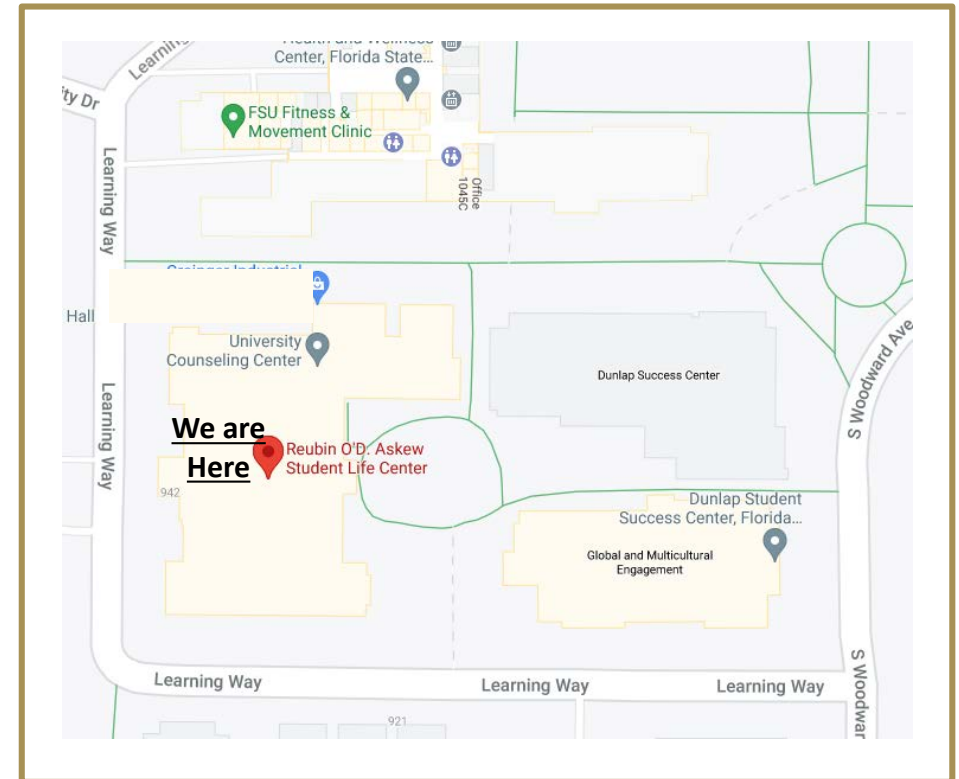
Hours: Monday – Friday 8am to 4pm



Counseling & Psychological Services

at Florida State University

- Free and confidential services
- For *enrolled* FSU students
- Triage consultation
 - *Monday - Friday from 8am - 4pm*
- Individual, Single Session, Groups
- Outreach presentations and workshops
- After hours phone service: **(850) 644-TALK**
- www.counseling.fsu.edu



Garnet & Goals



To Help Students

- 🌳 Function to the best of their abilities... graduate!
- 🌳 Make the most of their time at FSU

To Provide

- 🌳 Free & confidential mental health services to all enrolled students

To Support

- 🌳 Faculty, staff, and administrators in their efforts to provide an excellent educational experience at FSU

Common Concerns



- Alcohol/Drugs
- Anger
- Anxiety
- Assertiveness
- Depression
- Discrimination
- Eating Disorders
- Family
- Grief
- Relationships
- Self-Esteem
- Sexual Abuse
- Sexual Assault/Date Rape
- Sexual Orientation
- Sexuality
- Social Isolation
- Stress
- Study Skills/Test Anxiety
- Suicidal Thoughts
- Time Management

What other issues do you notice?

Weekly Workshops

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>RESILIENT MIND</p> <p>11:30am-12:30pm</p>	<p>REALTALK CONQUERING ANXIETY 1:00pm-2:00pm</p> <p>REALTALK OVERCOMING DEPRESSION 2:00pm-3:00pm</p>	 <p>11:30am-12:00pm</p> <p>REALTALK OVERCOMING DEPRESSION 1:00pm-2:00pm</p> <p>REALTALK CONQUERING ANXIETY 2:00pm-3:00pm</p>	 <p>12:00pm-12:30pm</p>	 <p>Self-Esteem 11:00am-12:00pm</p>

<https://counseling.fsu.edu/workshops>






RENEW

Realizing Everyone's Need For Emotional Wellness






INSTRUCTIONAL SESSIONS (FOR UNDERGRAD & GRAD STUDENTS)

-  Stress Management
-  Time Management
-  Study & Test Taking Skills

INTERACTIVE PRESENTATIONS

FOR CLASSES AND CAMPUS ORGS

- Healthy Relationships
-  Conflict Resolution
-  Adjusting to College
- 



Connect with us!

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Facebook, Twitter, Instagram:

@RENEWFSU



**Counseling &
Psychological Services**
at Florida State University

Anonymous, judgement-free support, 24/7



NEW
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- TALKCAMPUS
- <https://www.talkcampus.com/sign-up>