**MISSION STATEMENT**

The Counseling Center staff strives to promote the psychological wellbeing of students from diverse backgrounds; to foster their development, learning, and academic success; and to provide appropriate intervention when students are experiencing serious mental health concerns.

We accomplish this mission through providing psychological consultation to the Bowling Green State University community, including its faculty, staff, students, and their families. We also achieve our mission through the provision of a variety of other services including counseling (group, individual, and couples), crisis intervention, assessment, community intervention, psychoeducational programming, alcohol/drug prevention and intervention, supervision, training, online psychological resources, advocacy, and referral.

In providing such services, we strive to be sensitive to the diverse needs, backgrounds, values and characteristics of the members of our campus community.

**INITIATING SERVICES**

Students can begin counseling services by coming to our walk-in hours:

**FALL & SPRING WALK-IN HOURS:**
Monday through Friday: 1:30 – 4:00 pm  
(please see website for summer walk-in hours)

During your initial visit to the Counseling Center you will have an opportunity to discuss your concerns with a counselor. At that time, you and your counselor will work together to begin addressing those concerns.

**EMERGENCY INFORMATION**

A counselor is available to assist students or others who are concerned about students during regular office hours. For assistance after hours, please contact one of the following:

- The Link, 419-352-1545
- BGSU Police, 419-372-2346
- BG City Police, 419-352-2571
- Wood County Hospital, 419-354-8900

**CONTACT**

104 College Park Office Building  
Bowling Green, OH 43403  
419-372-2081

For additional information, visit: www.bgsu.edu/counseling

**OFFICE HOURS**

Monday – Friday: 8 am – 5pm  
With some evening hours available

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If you have concerns about students feeling comfortable at the Counseling Center, please contact:  
Dr. Garrett Gilmer, Director, Counseling Center or Richard Sipp, Executive Director, Center for Health.
SERVICES
Counselors help determine individual needs including:
- Individual counseling
- Group counseling
- Couples counseling
- Consultation
- Stress Clinic
- Workshops
- Referrals
- Alcohol/other drug education
- Student assistance and advocacy

COUNSELING
Why do students seek counseling?
- Depression
- Anxiety
- Self-esteem
- Suicidal thoughts/behaviors
- Self harm behaviors
- Trauma and abuse
- Gender identity
- Eating and body image concerns
- Relationship/social concerns
- Sexual assault
- Stress management
- Sexual orientation
- Family concerns
- Childhood abuse
- Alcohol/other drug concerns
- Coping with change
- Sexual concerns
- Victimization/discrimination
- Grief and loss
- Concerns about the future
- Homesickness
- Academic concerns/motivation
- Support for chronic mental health concerns

ALCOHOL/DRUG EDUCATION
Individual counseling is available for students seeking support, education, prevention, and intervention related to alcohol/drug use. We offer assessments and support to self-referred students as well as those mandated by the Dean of Students Office.

CONSULTATION
Staff members are available to consult with students, parents, faculty, staff, or other individuals who have concerns pertaining to the well-being of BGSU students.

WORKSHOPS
Counselors are available to present on a variety of emotional and mental health topics. If you are interested in having us conduct a workshop on a specific topic for your group, please complete the outreach request form at:
www.bgsu.edu/counseling/page80540.html

ONLINE RESOURCES
Our website offers:
- Mental health resource links
- Parent information handout
- Free anonymous screening for
  - Depression
  - Anxiety
  - Eating disorders
  - Alcohol
  - Free anonymous screening for
    - Depression
    - Anxiety
    - Eating disorders
    - Alcohol

STAFF
The Counseling Center staff consists of:
- Psychologists
- Psychology and counseling trainees
- Social workers
- Staff
- Assistance and advocacy specialist
- Administrative support staff
We also work closely with health care providers at the BGSU Student Health Service.

CONFIDENTIALITY
Counseling records are kept separate from students' educational records and are only shared outside the Center with a student's written permission or in the rare instances that State or Federal law requires us to do so.

ELIGIBILITY
Services offered by the Counseling Center (with the exception of mandated alcohol and drug education programs) are free to all enrolled BGSU students.

DIVERSITY STATEMENT
The Counseling Center Staff welcomes all students. We aspire to respect cultural, individual, and role differences. Our goal is to create a safe, supportive and affirming climate for individuals of all races, ethnicities, national origins, genders, gender identities, sexual orientations, religions, ages, abilities, sizes, socioeconomic statuses, languages and cultures.