The Counseling Center at Georgia Southern University is a place where students can go to receive services and participate in programs that are designed to help them handle day-to-day challenges and encourage their personal growth and development. The Counseling Center complements and facilitates the mission of the University by providing services ranging from individual, group, and relationship counseling to outreach programming, crisis intervention, and academic assistance. Students get the personal support they need in a welcoming and comfortable atmosphere. The Center’s staff includes professionally trained psychologists and counselors who are committed to helping students meet their personal and educational goals.

The Center offers individual counseling in areas such as self-esteem, depression, sexual identity, relationship conflicts, eating disorders, trauma and abuse issues, and family of origin concerns. Group counseling offers students the opportunity to interact with others who have similar concerns while developing more satisfying relationships. Relationship counseling offers students an opportunity to build communication skills and conflict resolution in romantic relationships.

Case management connects students with referral resources to meet their individual needs.

The Center’s staff offers drop-in workshops designed to provide students with additional opportunities for personal growth; including increasing emotional wisdom, improving sleep hygiene, and practicing mindful yoga. Online workshops and self-help resources are available on the Counseling Center website on a variety of topics for those who are interested in accessing skill building independently.

Staff also provides outreach presentations to academic classes and student organizations on various mental health topics, such as stress management, dating violence, acquaintance rape, interpersonal relationships, and communication skills. Please see the online outreach request form. In addition, the Counseling Center houses the Sexual Assault Response Team, the SAFE SPACE program, and QPR Gatekeeper Training.

Counselors are also available to assist faculty who desire consultation about a student. The number to call during regular business hours Monday-Friday, 8AM to 5PM, is (912) 478-5541 (Statesboro) or (912) 344-2529 (Armstrong), or after hours, 912-478-5234 (Statesboro) or 912-344-3333 (Armstrong).