

## **CAMPUS MENTAL HEALTH SERVICES**

Campus Mental Health Services (CMHS) provides a wide range of mental health services at no cost to registered students. CMHS follows accepted professional standards for privacy and confidentiality; offering services for individuals, couples, and groups, while making every effort to arrange meeting times that are convenient for students. CMHS addresses areas including, but not limited to: anxiety and stress management, coping and problem solving skills, relationship issues, depression, family crisis, trauma and loss, adjustment to college life and living, anger management, and substance use & abuse. CMHS offers a wide range of educational and personal growth oriented programs throughout the year in settings such as classrooms, residence halls, and the Campus Center meeting rooms to provide members of the campus community with opportunities to meet personal needs and enhance development. In addition, CMHS serves as a liaison and information source for students whose needs may best be met by resources in the local community, and strives to provide prompt response to urgent personal and community situations that may arise. For further information, call (934) 420-2006 or e-mail [counseling@farmingdale.edu](mailto:counseling@farmingdale.edu). Campus Mental Health Services is located in Sinclair 160; open Monday - Friday, 9:30 a.m. to 4:45 p.m., and selected evenings by appointment only. CMHS staff is available 7 days a week, 24 hours a day in an urgent situation by calling University Police at (934) 420-2111.