



MINNESOTA STATE UNIVERSITY, MANKATO

COUNSELING CENTER

As faculty and staff, you come in to contact with many students on a daily basis. You are on the front lines and thus are in an excellent position to observe students, identify those who may be in emotional distress, and offer assistance. While your concern and support may often be enough to help the student, there will be times when you may feel a referral for additional professional assistance may be warranted.

The Counseling Center at Minnesota State University, Mankato offers free, confidential help to assist students in resolving personal, social, and educational concerns that may be interfering with their ability to succeed at Minnesota State Mankato. The Center's services include seminars, workshops, short-term individual and group counseling, educational programming, crisis intervention, consultation, and referral to outside resources.

Students can call (507-389-1455), email (counseling-center@mnsu.edu), or stop by our office in CSU 285 to schedule an appointment. The Counseling Center is typically able to get students in for their first appointment within a day or two.

Referring to the Counseling Center

It is not uncommon for students to be reluctant to seek mental health services. Sometimes, students worry that others will find out they went to counseling or that professors (or other university personnel) will have access to the content of sessions. It is also common for students to feel like their concerns do not warrant counseling and/or feel that having (and admitting to) problems is a weakness. Personal values can also play a role – some students do not believe in openly discussing personal concerns or feel too embarrassed or ashamed to seek counseling.

Tips for referring a reluctant student:

- Suggest counseling to “help sort things out”
- Tell the student you are concerned about them
- Encourage the student to “try it and see how it goes”
- Offer to walk to the office with them to schedule an appointment
- Try referring to another office first, depending on the issue
- Reassure them that services are free and confidential

What to say:

“Meeting with a counselor is confidential and will not go on your academic record.”

“Give the Counseling Center a try, you have nothing to lose.”

“I want you to get the help you need and deserve.”

“Sounds like you are really struggling with (event/circumstances). Many people find it helpful to talk with someone in confidence who is outside of the situation.”

“Try it once and see how it goes.”

“It is a free service, take advantage of it!”

“Students go to the Counseling Center for a wide variety of reasons.”

Concerned about a student? The Counseling Center is available for consultation. Please call 507-389-1455 to speak with a psychologist regarding any concerns you may have about a student.

*****In an emergency, call 911 or University Security 507-389-2111*****