



Counseling Services



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Website

Who is eligible for counseling?

All currently enrolled students are eligible.

Cost?

Services are offered free of charge to enrolled students.

Is my counseling confidential?

Yes, information shared in counseling sessions will be treated by all Counseling Center staff with strict confidentiality. Your Information will not be disclosed to anyone outside Counseling Services without your written permission. In some instances, when, in the judgment of the counselor, you or someone else is in imminent danger, your permission may not be needed.

Why do students seek counseling?

- * General wellness
- * Stress
- * Relationship issues
- * Depression/anxiety
- * Trauma
- * Domestic Violence/abuse
- * Family discord
- * Adjusting
- * Academic concerns
- * Self-esteem
- * Alcohol or drug concerns
- * Loss/grief
- * Gender/identity
- * Eating or body image concerns
- * Career indecision

All issues are taken seriously and no problem “too small” to discuss.

Services Provided:

- * Individual counseling
- * Group counseling
- * Crisis counseling
- * Basic Needs Care Coordination
- * Community referrals

To schedule an appointment with a counselor scan the QR Code

For more information contact us at:

(972) 881 5126 or

email personalcounseling@collin.edu



We are offering in-person and virtual appointments.

Students needing accommodations for counseling sessions or for seminars can request them through the ACCESS office at access@collin.edu or (972) 881 5898.

Fall 2023 Counseling Seminars

Log into Cougar Connect and click events for more details.

collin.campuslabs.com/engage/events



Effective Communication

Wednesday, Sept. 6, 1-2 pm, Virtual

Healthy relationships start with effective communication. Join us to learn practical ways to ensure your messages are received accurately and your relationships thrive.

Mental Makeover: A Cognitive Approach to Happiness

McKinney Campus, Room B205

Wednesday, Sept. 13, 12:30-1:30 pm

Discover the connection between how you think about yourself and your overall mental wellbeing.

ADHD: Study Tips & Tricks

Thursday, Sept. 28, 10 -11 am, Virtual

Work towards improving study habits, limiting distractions and increasing your grades.

Coping with Anxiety 101

Tuesday, Oct. 3, 1-2 pm, Virtual

Anxiety affects all of us! Between exams, relationships, and deadlines anxiety can become overwhelming. Join us to learn practical ways to cope and manage anxiety.

Mirror Talks for Mental Health

Wednesday, Oct. 11, 1-2 pm

McKinney Campus, Room B206

What you say to yourself matters! Come learn to build a positive self-image and overcome negative self-talk and thought patterns that can hinder you from being successful.

Healthy Boundaries

Thursday, Oct. 19, 3-4 pm, Virtual

Learn the basics of boundaries and how to set them in order to maintain your own health and wellness.

How Can I Stop Procrastinating?

Frisco Campus, Heritage Hall H130

Wednesday, Oct. 25, 12-1 pm

Are you struggling to get things done? Do you find yourself behind on assignments for no apparent reason? Join us as we explore ways to break the cycle of procrastination and increase productivity.

Strategies to Help De-Stress and Focus presented by Professor Marta Moore

Thursday, Nov. 2, 4- 4:45 pm, Virtual

Participants will learn mindful strategies of heart-math (breathing technique) to relax and be mindful of the present.

The Bystander Effect: The Psychology Behind Bystander Intervention

Wednesday, Nov.8, 11- 12 pm, Virtual

Have you seen behavior that concerned you? Learn how to safely and effectively intervene to help others.

No Time for Self-Care?

Thursday, Nov. 16, 1-2 pm, Virtual

Feeling overwhelmed trying to balance work, school, and family responsibilities and have no time for self-care? Explore simple micro-practices to prioritize yourself and help restore your peace of mind.

Family Matters: Managing Family and Stress During the Holidays

Monday, Nov. 20, 12-1 pm, Virtual

Does your anxiety climb just thinking about time with family over the holidays? Join us as we explore common struggles and ways to cope with holiday and family stress.

Don't Stress the Test: A Guide to Managing Test Anxiety

Wednesday, Nov. 29, 3 pm - 4 pm, Virtual

Learn about ways to manage your anxiety and stress related to test-taking as we gear up for finals week.