PURPOSE

Counseling Services’ purpose is to foster wholeness for every student through caring relationships, cultural humility and integrated mental health services.

BY THE NUMBERS

Served 1,782 individual students
Provided 10,144 appointments
Served 916 students with counseling interventions via Baylor Telehealth by Academic Live Care

KEY ACCOMPLISHMENTS

- APA Doctoral Internship in Health Services Psychology was reaccredited for 10 years.
- Hosted Texas Supervision Symposium, more than 120 attendees from Texas University Counseling Centers.
- Hosted a three-day regional conference for Counseling Services staff and community mental health providers supporting trauma recovery for college students.
- Hired additional part-time dietitian to support students with eating disorders.

OUTREACH PROGRAMS

Connecting Across Campus: Provided 58 Outreach programs that reached 4,864 students, including our three signature events: Mental Health Awareness Day (350 students), Hope, Peace, & Love (700 students) and Finals Fest (500 students).

Helping save lives: We provided QPR, a suicide prevention training for laypersons to 341 individuals.

Mental Health Ally Program: A network of allies across campus to reduce stigma and share resources around mental health. 376 individuals committed to spread the word that Mental Health Matters.

HIGHLIGHT ON PROGRAMS AND INITIATIVES

Resilience Initiative: Launched strengths-based resilience course with five classes in the fall semester in partnership with NSE.

Giving Back: Have an established training site for future mental health professionals—including an APA-accredited Doctoral Internship, a Doctoral Practicum in Psychology, a Master’s internship in Counseling, and an internship in Social Work.

Baylor Telehealth by Academic Live Care: Provides crisis services, telehealth counseling, and telephonic counseling to students 24/7, across the U.S. and in more than 200 countries.

MOVING FORWARD

- Developing ways to support disordered eating recovery on campus.
- Expand the number of strengths-based resilience courses to 12 for next year.