



Counseling Services

J. Garrick Hardy Student Center, Suite C1.50
(334) 229-4382

Sometimes the demands of college life can seem stressful or overwhelming. You may have concerns and feelings which need resolution, but you aren't sure where to turn for help. Alabama State University's Counseling Center is here to help you with these matters and much more.

Your University Counseling Center is staffed with concerned professionals who listen, care and help make your ASU experience productive, rewarding and satisfying. We offer a variety of programs to help you learn to cope, identify choices, make better decisions and turn problems into learning experiences. Learn more:

Student Orientation Services (S.O.S.)

(SOS) is a program that assists beginning students and their parents in becoming oriented to the ASU community and with advanced course selection and registration prior to the beginning of each semester.

Individual (Personal Counseling)

We provide opportunities for students to discuss difficulties, thoughts, feelings or concerns with the professional counseling staff, who help them solve or cope with personal problems.

The Crisis or Psychological Counseling/Referral Program

This program is designed to follow established guidelines in helping students face obstacles to life goals or traumatic situations that are, for the time being, insurmountable through the customary method of problem solving. Extreme psychological problems are referred to designated mental health professionals in the community.

Group Counseling

Group counseling provides opportunities for students to participate with peers and professionals in exploring feelings, behaviors and other common concerns in a supportive atmosphere to gain clarification and feedback, and to plan appropriate action.

Consultation and Outreach Services

These services provide help with communication skills, helping skills, assertiveness training, test-taking skills and time management, sexual assault, relationship abuse, HIV/AIDS, Alcohol and Drug Awareness.

Internship and Leadership Training

This training program provides supervised training for graduate students pursuing a degree in counseling. It helps student leaders and organizations with communication skills, stress management, mutual support and trust development.

Special Programs and Services

These services are designed to meet the special needs of subgroup student populations, such as commuter, non-traditional, and students with learning, physical and psychological disabilities.

On-Call Crisis Counseling Services

The on-call crisis counseling services provide after hours crisis counseling services for students from 6 p.m. to 6 a.m., Monday through Sunday.

Special Groups

The Counseling Center offers programs to help students deal with specific problems. Our special group programs are Anger Management and Alcohol Intervention Program.

Alcohol and Drug Awareness Programs

In collaboration with the Student Health Center, the Counseling Center provides students, faculty and staff with special workshops, seminars and groups on alcohol, drugs, AIDS, sexuality, date rape, stress, mental health issues and personal growth. In accordance with the Drug-Free Schools and Communities Act Amendment of 1989, ASU is committed to the prevention of alcohol and other drug use/abuse on campus.