

# RESOURCES FOR STUDENTS: IMPROVING WELL-BEING



---



---

---



---



[usm.edu/sexual-misconduct](https://usm.edu/sexual-misconduct)  
Contact: Cristin Reynolds at 601.266.6804  
or [cristin.reynolds@usm.edu](mailto:cristin.reynolds@usm.edu)

The Title IX coordinator's job is to investigate and respond to reports of harassment or discrimination based on sex, gender, gender identity, sexual orientation, or pregnancy and parenting status.

## Center for Behavioral Health

[usm.edu/behavioral-health](https://usm.edu/behavioral-health)

601-266-4601

Provides counseling and psychological assessment to students, staff, faculty, and community adults on issues related to coping, adjustment (e.g., to college life), academic success, and major or career choices. They also provide services related to anxiety, depression, homesickness, grief and loss, relationship issues, adult ADHD, and other common challenges. Fees for individual counseling/therapy services are on a sliding scale based on income, and are kept as low as possible.

## Center for Family Therapy

[usm.edu/child-development-family-sciences/center-family-therapy.php](https://usm.edu/child-development-family-sciences/center-family-therapy.php)

Contact: 601.266.5475

Price: Sliding scale, \$5 for students, \$10 for faculty and staff

Provides individual, couple and family therapy to USM faculty, staff, students and to the community. They focus on communication and relationship issues, life transition concerns, anxiety, stress management and other general challenges that persons in relationships face.

## Student Accessibility Services

[usm.edu/student-accessibility-services](https://usm.edu/student-accessibility-services)

Contact: 601.266.5024 or [oda@usm.edu](mailto:oda@usm.edu)

Student Accessibility Services (formerly the Office of Disability Accommodations) verifies students' eligibility for accommodations under the Americans with Disabilities Act, and works with students, faculty, and staff to ensure that students with disabilities have full access and the encouragement to participate in all university activities.

## CARES

[usm.edu/student-affairs/cares.php](https://usm.edu/student-affairs/cares.php)

CARES addresses situations that disrupt the safe and productive living and learning community, including, but not limited to, self-harm, family difficulties, stress management, mental health concerns, addictions, Code of Conduct violations, Title IX issues, Clery Act related issues, and issues of academic integrity (e.g. plagiarism).