Murray State University College of Education and Human Services
Counseling and Assessment Center

Counseling Wellness Services
Short-term, weekly, individual mental health counseling is available for Murray State University students, faculty, staff, and community members. Services available for adults, adolescents, and children.

Life can be challenging... Let us help!
- Excessive Worry, Anxiety, or Panic Attacks
- Test Anxiety or Performance Anxiety
- Sadness or Depression
- Homesickness
- Academic Frustrations
- Time Management
- Adjustment Issues
- Stress Management
- Relationship Challenges
- Roommate Conflicts
- Loneliness
- Trauma
- Procrastination
- Identity Issues
- Grief and Loss
- Personal Growth

Cost is $10/session.
Fee Waived for MSU Students, Faculty, and Staff.

For more information or to schedule an appointment call
Kristin Douglas, PhD, LPCC, NCC, BCB, Counseling Clinic Coordinator at (270) 809-3822.
Department of Educational Studies, Leadership, and Counseling

Counseling services provided by graduate student counselors-in-training closely supervised by a Kentucky Licensed Professional Clinical Counselor.

3rd Floor, Alexander Hall, (270) 809-3822