

## The Three Mental Health Options for Murray State Students

	<b>Counseling Center</b>	<b>Psychological Center</b>	<b>TimelyCare</b>
<b>Location</b>	C104 Oakley Applied Science	401 Wells Hall	timelycare.com/murraystate
<b>Hours</b>	8:00-4:30 Monday-Friday	8:00-4:00 Monday and Friday 8:00-6:00 Tuesday and Thursday 8:00-5:00 Wednesday	Counseling services by appointment; some services available 24/7
<b>Services offered</b>	Individual counseling (biweekly) Couples counseling Group counseling	Individual counseling (weekly) Family or couples counseling Psychological assessments	Individual counseling Limited psychiatry services Self-help resources
<b>On-call</b>	9:00-2:00 Monday-Friday	On-call services during open hours	TalkNow & self-help available 24/7
<b>After-hours emergencies</b>	Call MSU Police at 270-809-2222, call 988, or go to the nearest emergency room	Call MSU Police at 270-809-2222, call 988, or go to the nearest emergency room	TalkNow & self-help available 24/7
<b>Counselor status</b>	Licensed mental health providers and graduate students under supervision	All services are provided by graduate students supervised by psychologists	Scheduled counseling is provided by licensed mental health providers
<b>Population seen</b>	MSU students only	Faculty, staff, and students Community members	MSU students only
<b>Format</b>	Face-to-face and virtual sessions available	Primarily face-to-face sessions offered	Virtual sessions only
<b>Prices for counseling</b>	Free	Free for faculty, staff, and students Sliding-scale fee for community	Free
<b>Prices for assessment</b>	No psychological assessments offered	\$50 for faculty, staff, and students Sliding-scale fee for community	No psychological assessments offered
<b>Access from where?</b>	Sessions only if both parties are in KY	Sessions only if both parties are in KY	Counseling available anywhere in the USA; TalkNow available everywhere
<b>Getting started</b>	Send an email to <a href="mailto:msu.counselingcenter@murraystate.edu">msu.counselingcenter@murraystate.edu</a> to request the link to the paperwork; cases are assigned weekly; your counselor will email you to schedule your first appointment	Come in during open hours when you have 45-60 minutes to fill out paperwork in person; cases are assigned weekly; your clinician will call you to schedule your first appointment	Go to the TimelyCare app or <a href="https://timelycare.com/murraystate">timelycare.com/murraystate</a> to sign up for services. You will set up your profile and select a provider, then you can schedule your first appointment.
<b>Calendar schedule</b>	Open Monday - Friday when the university is open	Open when classes are in session, except for winter term	Open 24/7/365
<b>Phone</b>	270-809-6851	270-809-2504	833-4-TIMELY (833-484-6359)
<b>Website</b>	<a href="https://murraystate.edu/CounselingCenter">murraystate.edu/CounselingCenter</a>	<a href="https://murraystate.edu/PsychologicalCenter">murraystate.edu/PsychologicalCenter</a>	<a href="https://timelycare.com/murraystate">timelycare.com/murraystate</a>