

PAWS FOR MENTAL HEALTH



Sam Houston State University cares about student health and well-being.

Need support for your mental health & well-being? We've got you covered. SHSU offers a variety of services to meet your individual needs.

Sam Houston State University is also a proud partner of the JED Foundation. JED provides resources to help students with pre-existing mental health conditions transition to college.

Check out their Going to College with a Mental Health Condition Guide by scanning the QR code here.



CAMPUS SERVICES

Counseling Center: Licensed mental health professionals offer consultations, individual & group counseling, and case management & referral.

*No fees apply.

(936) 294-1720 | 1608 Avenue J

Student Health Center: Medical providers offer on-campus office visits, lab services, and more.

*Fees may be required for specific services.

(936) 294-1805 | 1608 Avenue J

Jack Staggs Counseling Clinic: Graduate counseling students (under supervision) offer individual, couples & family counseling.

*No fees apply.

(936) 294-1121 (Huntsville) | 1932 Bobby K Marks Drive

(936) 202-5012 (Woodlands) | 3380 College Park Drive

Psychological Services Center: Doctoral Clinical Psychology students provide psychological services including assessments.

*Cost based on sliding scale.

(936) 294-1210 | 1528 Avenue J

TimelyCare: Provides free, 24/7 virtual access to mental health and well-being supports, counseling, and psychiatry.

<https://www.timelycare.com/shsu>