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Student Counseling Center

The Prairie View A&M University Student Counseling Center provides free, confidential counseling and educational workshops for enrolled undergraduate, graduate and professional students at Prairie View A&M University.

The staff at the Counseling Center knows that student life is a transitional period and can bring pressure and stress. We try to help students: (1) understand this period, (2) find ways of coping with crises, and (3) grow from their experiences.

We also work with administrators, academic agencies, and other campus agencies to holistically increase the effectiveness of Health & Counseling Services.

- Feelings of anxiety, self-doubt, or depression
- A sense of sadness or hopelessness about a particular event
- Feeling overwhelmed or stressed
- Difficulty with motivation or procrastination
- Academic problems
- Concerns about relationships with friends, family, boyfriend/girlfriend
- Homesickness
- Difficulties with transitions
- Pregnancy Concerns
- Difficulties with eating or sleeping
- Problems with alcohol or other drugs
- Eating disorders
- Rape, sexual assault, or relationship violence
- Suicidal thoughts
- Feeling that something is wrong and not being able to define

Prairie View A&M University
 Owens-Franklin Health Center
 936-261-1400
 1-800-346/3549

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