



King University Counseling Center

The mission of King University Counseling Center is to provide students with an opportunity to meet with a licensed professional counselor to assist in reaching their full potential spiritually, emotionally, academically, and socially.

Our Free and Confidential Counseling Center offers:

- *A safe and friendly environment to receive help in times of need by a licensed professional counselor
- *Individual, Couples, and Group Counseling for a variety of difficulties
- *Crisis Intervention
- *Referrals to Student Success Services
- *Referrals to Community Resources
- *Psycho-Educational Programs

Common issues:

Stress	Grades	Family Concerns
Depression	Trauma	Homesickness
Anxiety	Self-harm	Eating concerns
Self-esteem	Grief	Substance use
Relationships	Body Image	Suicidal Thoughts

To schedule, call (423)652-4742 or email counselingcenter@king.edu

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Tips for Self-care:

- *Practice effective self-care by meeting your basic needs: Get enough sleep, practice healthy eating habits, drink plenty of water, take moments to pause and breathe.
- *Practice positive self-talk by using uplifting and hopeful language with yourself as if you were encouraging a friend.

If you are concerned about your emotional and mental health:

- *Reach out to your support system. Whether it be a trusted friend, family member, instructor, RA, coach, or teammate.
- *Schedule an appointment with the Counseling Center at (423)652-4742 or counselingcenter@king.edu

Crisis Lifeline 1-800-273-TALK (8255)
Crisis Text Line: Text 741741

Visit us online for more information at <https://www.king.edu/student-life/resources-for-students/counseling-center/>

Location: The counseling center is located just behind White Hall, take the walkway between the Fine Arts building and White Hall to the first house on the right or use the private driveway from E. Cedar Street just past the Maintenance building.