



Sam Houston  
State University

[Apply](#) [Visit](#) [Request Info](#) [Give to SHSU](#)

[Menu](#)

# The Counseling Center

Welcome to the Sam Houston State University Counseling Center!

The SHSU Counseling Center provides individual, couples, and group therapy to students who are currently enrolled. Our mission is to provide service within the university environment that contributes to the academic success, personal growth, and positive social contribution of Sam Houston State University students. We embrace a student-oriented philosophy that is respectful of diversity and is committed to the development of the student as a whole person.

[DACA Support Resources](#)

## How We Can Help

It is not uncommon to need additional support as a college student.

### Sammy Goes to Counseling

Counseling  
may be of  
help if you  
feel  
concerned  
about:

Where you  
are going  
with your  
life.

Picking the wrong friends.

Coping with romantic relationship difficulties.

Coping with academic difficulties.

Feeling stressed out or anxious.

Feeling sad or depressed most of the time.

Making new friends in college.

Feeling like you can't go on.

Thinking that things always go wrong.

Coping with a physical or learning disability.

and many more issues that may impact mental health.

---

If you feel that any one of these applies to you, you may find it helpful to come to the University Counseling Center and talk it over with a counselor. Counseling services are available during normal business hours throughout the year (including breaks between semesters) except on University designated holidays. For more information, call us at (936) 294-1720 or stop by to make an appointment to speak with a counselor. The Counseling Center is located next to Old Main Market.

[Hours of Operation:](#)


8am to 5pm - Monday, Thursday, Friday

8am to 7pm - Tuesday and Wednesday

Sam Houston Counseling Center

Box 2059 | Huntsville, TX 77341-2059 | Phone: 936.294.1720 | Fax: 936.294.2639





Remember username

Forgotten your TAO username or password?