

Counseling and Testing Services

Someone To Talk To

Free individual, group and
couple counseling for
students currently enrolled at ISU

To make an appointment:

Pocatello:
Graveley Hall,
South Side 3rd Floor
(208) 282-2130

Idaho Falls:
Bennion Student Union
Room 223
(208) 282-7750

isu.edu/ctc



**Idaho State
University**

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- Single session programming
- Depressed or anxious mood
- Relationship problems
- Academic difficulties
- Text anxiety
- Stress
- Sleep or eating concerns
- Grief and loss
- Self-esteem issues
- Sexual orientation and gender identity support
- Thoughts of harming oneself or someone else
- Other concerns

Make an appointment with one of our counselors
by visiting Counseling and Testing Service
Monday-Friday between 8 a.m. and 4 p.m.
7:30 a.m. to 3 p.m. in summer

CATS Single-Session Program

located in Campus Recreation

Make a single-session appointment if you...

- Have a problem or concern and are interested in a single conversation with a counselor to create an action plan

Walk in to Counseling and Testing Service if you...

- Are in urgent crisis, are interested in ongoing counseling services, or currently have a CATS counselor

Free and confidential for ISU students!

**VISITS ARE BY APPOINTMENT ONLY
CALL (208) 282-2130 TO SCHEDULE**

The Single Session Program is not crisis counseling. If you are struggling with thoughts of suicide, thoughts of harming others, or worried that someone's life is in danger, please walk in to 351 Graveley Hall M-F 8 a.m.-4 p.m. (7:30 a.m.-3 p.m. in summer)



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Other Counseling and Testing Services

FREE AND CONFIDENTIAL FOR CURRENTLY ENROLLED ISU STUDENTS:

Walk-in crisis counseling during business hours (suicidal thoughts, self harm, thoughts of harming others, someone else's life is in danger, recent traumatic event, seeing or hearing things that others don't)

- Group counseling
- Brief individual counseling
- Biofeedback services

We can help with:

- Depressed or anxious mood
- Grief and loss
- Relationship problems
- Self-esteem Issues
- Academic difficulties
- Sexual orientation and gender identity support
- Test anxiety
- Thoughts of harming oneself or others
- Stress
- Sleep or eating concerns
- Other concerns



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ROAR

Content options for faculty syllabi

Statement on Success

Success in this course depends heavily on your personal health and wellbeing. Recognize that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. I encourage you to reframe challenges as an unavoidable pathway to success. Reflect on your role in taking care of yourself throughout the term, before the demands of exams and projects reach their peak. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in this course. If you are experiencing stress in other areas of your campus life, I am happy to help you get in contact with other resources on campus that stand ready to assist you. In addition to your academic advisor, I strongly encourage you to contact the many other support services on campus that are available.

Statement on Services

ISU Counseling and Testing Services (CATS) would like to remind all students who are enrolled in the current semester (part-time or full-time) they are eligible for free, confidential counseling services. CATS offers individual, group, and couples counseling, as well as Biofeedback Training. We also offers crisis intervention services Monday through Friday from 8-5.

Locations:

Pocatello: Graveley Hall, 3rd floor of the south side. To schedule an appointment call 208-282-2130 or just stop by. Walk-ins are welcome Monday-Friday from 8am - 4pm.

Idaho Falls: Bennion Student Union, 2nd floor, Room 223. Please call 208-282-7750 to schedule an appointment.

Meridian: Counseling services are available to Meridian students through the ISU Counseling Department. Please call 208-373-1719 to schedule an appointment.

www.isu.edu/ctc

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UNIVERSITY

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