Milligan College Counseling Center

1. What is counseling at Milligan College?

The Milligan College Counseling Center offers campus-sponsored counseling services for students, faculty and staff. Some concerns that can be addressed by the counseling center are:

- Test anxiety and stress management
- General anxiety and fear
- Depression
- Family concerns
- Relationship concerns
- Addictions
- Spirituality
- Adjustment issues
- Premarital Counseling
- Personal Wellness

2. Who benefits from counseling?

Everyone can benefit from counseling at some point in their lives. Individuals may need counseling if a problem at school, work, home, or in personal relationships is causing stress significant enough to interfere with normal functioning. Students, faculty, and staff may also pursue counseling for personal growth and development, such as pre-marital counseling or personal wellness.

3. Why go to counseling?

The Milligan College Counseling Center offers a safe environment for students, faculty, and staff to confidentially work through personal issues; the goal is to reach a positive outcome when the counseling relationship is complete. In addition, the Milligan Counseling Center provides invaluable practicum and internship training for Master of Science in Counseling students. This experience helps prepare graduate students for licensure as professional counselors.

4. Where is the counseling center?

The Milligan Counseling Center is offered at the Taylor House, second floor. Counseling services are available at this time by appointment only.

5. When is counseling available?

Counseling services are offered at various times throughout the week (Monday through Friday). To schedule an appointment for counseling, please contact the Milligan Counseling Center at 423-461-8500.

6. How much does counseling cost at Milligan Counseling Center?

The Milligan Counseling Center is equipped to provide short-term counseling services without charge.