

MDCC Health Sciences Student Navigator

What is counseling for Health Science programs?

- Counseling offers an opportunity to talk to someone who will listen without criticism, and who will keep what you say confidential.
- Some people come to counseling because they need an ear, or a different perspective on a problem (be it a relationship or a situation). Coming to counseling just means that you have decided to explore new ways of dealing with what life is offering you, or that you know you would benefit from some support in dealing with things.
- Counseling offers a safe space to put into words the thoughts and feelings that are inside of you and, in doing this, gain some understanding and control over them.

What you can expect from the Student Navigator...

You can expect to be:

- Supported and listened to with respect and dignity.
- Responded to honestly and respectfully.
- Receive objective and nondiscriminatory help.
- Informed about confidentiality.
- Discuss issues that are relevant and preferable to you.
- Provided with professional counseling services.
- Treated in ways respectful of, and sensitive to, cultural values, religious beliefs, gender issues and disabilities.
- Provided with referrals to other professionals if this would be of benefit to you.

Some typical concerns addressed...

- I do not think this program is for me; it can be overwhelming at times.
- I do not know how I am going to pay for school.
- I feel nervous, and my mind goes blank during the test.
- I cannot get my work done on time.
- I feel depressed, stressed, can't eat, and can't sleep.
- I am having a tough time juggling work, school, and family.
- I am in an abusive relationship and need help.
- I have thoughts about ending my life.
- I am having daycare and transportation issues.

Contact Information

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662-246-6338

Allied Health Building, Room 111

Monday | 2:30pm - 4:30pm

Tuesday | 12:00pm - 4:30pm

Wednesday | 8:00am - 11:30am / 2:30pm - 4:00pm

Thursday | 8:00am - 4:00pm