

Accessing Counseling Services

Ready to Get Started?

Scheduling an Initial Intake

Enrolling in counseling services requires an initial intake. This brief meeting is used for gathering information about your concerns, as well as determining which services will be needed. Intakes are generally 15-30 minutes, and can be done in-person or via Zoom. Scheduling an intake is easy, and can be done by:

- Stopping by our office at 107 N. Caraway Rd.
- Calling us at 870-972-2318
- email counseling@Astate.edu

Need Help Immediately?

The Wilson Counseling Center is able to help with mental health emergencies. Contact our office directly and inform the Administrative Assistant that you are having an emergency and would like to speak with a counselor. If this emergency happens after hours, [contact UPD](#) and inform them of your emergency; UPD will contact the therapist on call.

Mental health emergencies may include (but are not limited to):

- Experiencing a traumatic event.
- Serious concern about the welfare/safety of yourself or someone else.
- Thoughts of suicide or homicide.

Are You a Staff/Faculty Member Helping a Student?

Check out our [Faculty and Staff Information page](#) for suggestions and more information.

Eligibility

All currently enrolled A-State Jonesboro and NYIT Jonesboro students are eligible for services. Staff and faculty are not eligible for services, but have access to an Employee Assistance Program, and can contact [Human Resources](#) for more detail.

Appointment Policy

More information about our appointment policies can be found [here](#).

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