

COUNSELING AND MENTAL HEALTH CENTER

Continuing Education Building, 3rd Floor; 208-885-6716

The Counseling and Mental Health Center (CMHC) is a multi-disciplinary team consisting of psychologists, clinical social workers, and a psychiatric nurse practitioner. Their mission is to support students and their mental health by providing individual and group therapy, psychiatric treatment, psychological assessment, outreach and consultation as well as substance use programs and services. The CMHC also provides emergency mental health services that are accessible to students through crisis support services on campus and 24-hour access to a mental health provider. In addition, they collaborate with campus partners through liaison relations that include health and wellness initiatives designed to reduce stigma and increase help-seeking behaviors. The CMHC contributes to the university's academic mission through its training and supervision of graduate practicum students, doctoral interns, postdoctoral residents, and social work students and teaching academic coursework in the WWAMI medical education program. The Counseling and Mental Health Center is deeply committed to building a welcoming, affirming, and supportive environment for all students that reduces stigma and increases access to mental health services, particularly for marginalized and underserved populations.