



UNIVERSITY OF
**CENTRAL
MISSOURI**

Michael Hough Counseling Center



Individual and group counseling services are available at the Warrensburg campus (Lovinger room 2250), the Missouri Innovation Campus (room A201), and virtually (telehealth services). Services are free to UCM students.

Common issues that bring people to counseling include anxiety and stress, time management, academic concerns or adjusting to college, relationship difficulties, career concerns, depression, loneliness, alcohol and/or substance use concerns, healing from trauma, processing grief/loss, suicidal thoughts, trouble with concentration or motivation, sexuality or sexual identity issues, and other concerns.

UCM's Counselors-In-Training are graduate students in their last year of their master's degree program at the University of Central Missouri, and receive supervision from UCM faculty while they provide services to people seeking counseling.

**To request confidential services, please contact
the Michael Hough Counseling Center**

Email: coecounseling@ucmo.edu

Phone: (660) 543-4239

For students in crisis at any time of day or who would like to talk to a trained professional when the UCM Counseling Center is closed, you can call (660)543-8008.