The Baylor Counseling Center is available for students 24/7 in person or online. College students can find help for a variety of issues, including stress, depression, anxiety, grief, and relationship problems. They offer short-term and long-term therapy to support students through various life transitions. The Center also provides online resources, such as virtual support groups and self-help worksheets. To schedule an appointment, students can visit Helpdesk.baylor.edu to submit an online service request or call 710-1010 between 8 a.m. and 5 p.m. CDT, Monday-Friday. Baylor Counseling is Available 24/7 to help students Thompson Center. The Baylor Counseling Center is located in the McLane Student Life Center (SLC). Students who have additional food questions or concerns can contact Bears of Baylor at bears.of.baylor@baylor.edu. We will work with you to determine a plan of action based on your specific circumstances.

What's New BU will continue to provide you with valuable resources throughout the semester. Check out the latest updates and announcements on the Baylor website. For more information on the Baylor Counseling Center, please visit their website or contact them directly. Universities are facing unprecedented challenges as the global pandemic continues to spread. However, we remain committed to providing the best possible support and resources to our students. Thank you for your patience and understanding during these difficult times. We look forward to supporting you as you navigate this new normal.