

TALLEY CENTER FOR COUNSELING SERVICES

The mission of the Talley Center (<https://students.umw.edu/counseling/>) is to help students meet the demands of college effectively and to support their personal, social, and intellectual growth and development. Talley Center staff includes licensed clinical psychologists, licensed professional counselors, and masters- and doctoral-level interns from graduate programs in counseling and psychology. The Talley Center provides individual and group counseling services to full-time, undergraduate, degree-seeking students enrolled on the Fredericksburg campus. The Talley Center also provides limited, short-term psychiatric services by referral. Additionally, the Talley Center offers crisis intervention, consultation, community referrals, and training and educational outreach programs to the entire UMW community. All services are confidential and free of charge.

Student concerns vary considerably and may range from typical developmental issues – including University adjustment, relationship concerns, and stress management – to problems with depression, anxiety disorders, bereavement, and trauma.

To schedule an appointment or inquire further about services, please call the Talley Center at 540-654-1053. If this is a crisis that requires immediate assistance and the Talley Center is not open, please call campus police at 540-654-4444.