

### **Contact Us**

Student Counseling and Wellness Center  
UMMC, H-822  
For appointments: 601.815.5588

### **Our Hours**

Monday — Friday, by appointment only.  
No walk-ins are accepted.

### **Confidentiality**

Services students receive at the Student Counseling and Wellness Center are kept confidential, except in a very few circumstances required by law.

To learn more, visit [umc.edu/scwc](http://umc.edu/scwc)



# Student Counseling and Wellness Center

Services for Student Mental  
Health and Wellness

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The University of Mississippi Medical Center  
Student Counseling and Wellness Center  
2500 North State Street  
Jackson, Mississippi 39216

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“Your present  
circumstances don’t  
determine where  
you can go; they  
merely determine  
where you start.”

- Nido Qubein

As a future health professional, you must learn to protect and nurture your own mental health. The Student Counseling and Wellness Center exists to help UMMC students manage the stresses and difficulties of daily life—inside and outside the classroom. The center is a collaboration between the Vice Chancellor’s Office and the Department of Psychiatry and Human Behavior.

**We are:**

- Easily accessible on the UMMC campus
- Confidential
- Skilled in addressing a wide variety of issues
- Ready, willing, and able to help

Our mission is to promote the mental health and wellness of UMMC students. We know that Mississippi’s hopes of improving the health of its citizens largely depends on our ability to educate, train, and support the next generation of health care professionals.

## Our Services

We are free of charge and available to all UMMC students by appointment. Some of the concerns we help students address include:

- Stress and anxiety
- Depression and grief
- Adjustment, family, and relationship issues

**We offer:**

- Evaluation
- Medication consultation
- Brief motivational and solution-focused therapy
- Wellness counseling
- Cognitive behavioral therapy
- Behavioral activation

## Our Staff

**Danny Burgess, PhD**

Dr. Burgess received his Master’s and PhD degrees at Auburn University and completed both his internship and a postdoctoral fellowship at the University of Wisconsin.

**Philip Merideth, MD**

Dr. Merideth completed medical school at UMMC and psychiatric training at UMMC, Yale University, and Case Western Reserve University. As a psychiatrist, he is board certified in Adult, Child, and Forensic Psychiatry.

Drs. Burgess and Merideth codirect the Student Counseling and Wellness Center. To provide the most comprehensive care possible, they may refer to other resources at UMMC and in the larger community when appropriate.