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

- Nido Qubein

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.