

Welcome to the Counseling & Wellness Center

In order for us to best serve you, let's figure out what type of appointment you need!

	Same-Day Appointment (call between 8-9 a.m.)	Scheduled Intake/ Ongoing Therapy	Crisis/Emergency
Whom is this appointment for?	New and returning clients	New and returning clients	<p>Clients who are at risk of harming themselves or others</p> <p>and/or</p> <p>Clients who've recently experienced a significant trauma</p>
How long is this appointment?	30 minutes	45 minutes	It varies!
This appointment is great if...	<ul style="list-style-type: none"> Your thoughts or feelings are interfering with your functioning, but you have no current thoughts of suicide. You need help making a major decision within a few days. You've just received some distressing news and are having trouble coping. You want to consult about a friend. 	<ul style="list-style-type: none"> Same as the same-day examples, but you're able to function okay and can wait for the next available appointment. You want to process ongoing issues about your relationships, family, life path, etc. You've been diagnosed with a mental health condition and you want to establish ongoing support. 	<ul style="list-style-type: none"> You are currently thinking about suicide. You have a plan for suicide. You are thinking about/have a plan to harm someone else. You've recently been the victim of a crime or other traumatic event and are having difficulty functioning.
What can I expect in the session?	<ul style="list-style-type: none"> The counselor will listen to your current concerns and will gather basic background information. Your counselor may give you tips on how to cope. You and your counselor will decide if a follow-up appointment would help (sometimes it's not necessary!) Your counselor may refer you to other resources, on and off-campus. 	<ul style="list-style-type: none"> The counselor will do a more thorough assessment of your concerns. Your counselor may give you tips on how to cope. You and your counselor will decide if a follow-up appointment or ongoing counseling would help (sometimes it's not necessary!) Your counselor may refer you to other resources, on and off-campus. 	<ul style="list-style-type: none"> Think of this as a trip to the Emergency Room. Our goal is to ensure that you are safe, and that you are able to stay safe. If you and/or your counselor believe you CANNOT stay safe, we will refer you to appropriate resources in the community. You and your counselor will also develop a follow-up plan before you leave our office.