## Welcome to the Counseling & Wellness Center

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

<table>
<thead>
<tr>
<th></th>
<th>Same-Day Appointment (call between 8-9 a.m.)</th>
<th>Scheduled Intake/Ongoing Therapy</th>
<th>Crisis/Emergency</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whom is this appointment for?</strong></td>
<td>New and returning clients</td>
<td>New and returning clients</td>
<td>Clients who are at risk of harming themselves or others and/or Clients who’ve recently experienced a significant trauma</td>
</tr>
<tr>
<td><strong>How long is this appointment?</strong></td>
<td>30 minutes</td>
<td>45 minutes</td>
<td>It varies!</td>
</tr>
</tbody>
</table>
| **This appointment is great if...** | - 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. | - 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. | - 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?** | - 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. | - 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. | - 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. |