COUNSELING SERVICES

916 S WABASH AVE SUITE 501
312.369.8700
FOR FURTHER INFORMATION VISIT
www.colum.edu/counselingservices

National Suicide Prevention Hotline
800. 272. TALK (8255)

7 Cups of Tea
www.7cups.com

The in Touch Hotline
312. 996. 5535
Open 6:00 P.M. to 10:30 P.M.

Trans Lifeline
877. 565. 8860
www.translifeline.org

Crisis Text Line
Text HOME to 741741
from anywhere in the United States,
anytime, about any type of crisis.

The Trevor Project
866. 488. 7386
www.thetrevorproject.org

Campus Security
312. 369. 1111

Office of Student Relations
312. 369. 8595
623 S. Wabash

Counseling Services
312. 369. 8700
colum.edu/counselingservices
How to Access Mental Health Services

“I’M IN CRISIS, HELP!”
Students who come to Counseling Services experiencing a mental health crisis receive crisis intervention services. Further evaluation may be needed with an off-campus resource.

Students experiencing a life-threatening emergency should call 911.

GETTING STARTED
Call 312.369.8700 to schedule your Initial Consultation.
You’ll be asked to provide your contact information and time to schedule an appointment that is most convien for you.
Please allow at least an hour for the appointment.

MEET WITH A CLINICIAN
During the Initial Consultation you will meet with a Clinician and complete intake forms. The intake forms may be completed before or after the face to face meeting.
Be prepared to provide information about why you called, where you live, and how your daily functioning has changed.

WHAT HAPPENS NEXT?
Counseling Services’ Clinicians are committed to assisting you in reaching your highest educational and individual goals. Services are tailored to empower you. The Clinician and you will discuss treatment goals, treatment options and the level of care that will best support you in achieving your treatment goals. This may include a referral to a community provider.

KEY SERVICES
- Up to 12 Individual Therapy sessions per academic year
- Personal Improvement Groups
- Linkage/Referral to Community Services
- We love feedback from our students, so don’t be surprised if you are asked to complete a survey.

STUDENT RESOURCES

PacificA Stress & Anxiety
Stop, Breathe & Think
Self Help Anxiety Management
Moodtools Depression Aid
7 Cups Anxiety & Stress
What’s Up?
Daylio Mood Tracker
Superbetter
Headspace Meditation
T2 Mood Tracker
Mindshift
Suicide Safety Plan
T2 Mood Tracker
Daylio Mood Tracker
Personal Improvement Groups

Counseling Services offers daily opportunities to practice emotional self-care while managing the stress of college. Groups are facilitated by a clinician and are 45 minutes in length.

**Emotions**
This group will help you to identify and understand how you feel so that you can manage your emotions in a healthy, positive manner.

**Succeeding Socially**
This group will explore new social skills. Participants will discover healthy ways to manage social anxiety.

**Healthy Relationships**
Learn more about your role in relationships, the importance of effective communication and setting healthy boundaries.

**#Adulting**
This group offers a deep dive into the daily activities of “adulting” such as sexuality, harm reduction, money management, time management and leisure.

**Happiness & Success**
Join us for a discussion about the various ways that you can begin cultivating happiness and success in your daily life.

Questions to Ask your Insurance Company Before You Receive Mental Health Services:

1. Can I see a provider in the state in which I currently reside for school?
2. Are mental / behavioral health benefits covered under my plan?
3. Does your company manage my family’s mental/behavioral health benefits or is another company “subcontracted” or “carved out” to manage my mental/behavioral health benefits?
4. Do I need pre-approval from my insurance company before I can see a mental/behavioral health professional?
5. Do I need a referral from my primary care physician to see a mental / behavioral health professional?
6. Do I have a deductible for services?
7. Are there co-payments for services?
8. Can I only see providers on the list provided by my insurance (in-network) or can I choose to see any qualified professional (out-of-network)?
9. If services are covered for providers who are out-of-network, are those services covered differently than services provided by in-network providers?
10. Are there visit limits, dollar limits, or other coverage limits for my mental / behavioral health benefits?
The Counseling Services Staff is committed to assisting students in reaching their highest educational and individual goals. Our services are tailored to empower students in developing lifelong skills. Therapy sessions will help students address mental health concerns that impede academic performance, retention, employability, personal and social success.

**Individual Therapy**
The student and clinician collaborate to work through a wide variety of difficulties, ranging from depression and anxiety to relationship concerns and academic stressors. A supportive and non-judgmental environment is provided to assist students with the process of developing strategies for lasting positive change.

**Personal Improvement Groups**
Groups occur daily covering topics such as emotion management, social success, healthy relationships, cultivating happiness, sexuality, life-skills, time-management and self-care. Groups are facilitated by a clinician and are 45 minutes in length. In addition to talking, group work may include writing, journaling and creative expression.

**Community Linkage/Referral**
Clinicians can assist students with connecting to community providers when the presenting need(s) cannot effectively be addressed through short-term therapy. For example, Counseling Services cannot prescribe medication, so if medication is an identified need, we will assist the student in identifying a provider who can do so.

**Confidentiality Statement**
Professional standards of confidentiality are followed by the entire Counseling Services Staff. Personal health information provided to our office will be protected unless a student provides written permission to release that information. Exceptions to this policy exist when confidential information is needed to protect a student’s health or safety or is mandated by law.