

COMMON PRESENTING CONCERNS

- Personal Concerns: stress, anger, loneliness, guilt, grief
- Multi-cultural related Concerns: Difficulties related to experience of racial bias, micro-aggressions, or other such xenophobic related prejudice resulting in emotional distress.
- Relationship Concerns: Romantic difficulties, interpersonal conflicts, family problems
- Developmental Concerns: Adjustment to college, life transitions, identity (e.g., personal, cultural, sexual orientation, gender identity)
- Mild to moderate mental health issues, such as anxiety or depression, as appropriate to brief therapy
- Substance Use: Concerns related to mild or moderate alcohol or other drug use/abuse
- Academic Concerns: Performance anxiety, perfectionism, or mental health issues that affect academic difficulties
- Trauma or Interpersonal Violence: Assessment, stabilization and treatment within a brief therapy model

PSYCHOLOGICAL CONSULTATION

If you are concerned about a student and are not sure about the best course of action, give us a call!

PEER COUNSELORS

This group of trained and carefully screened student Peer Counselors (PC's) are available to assist SUNY Potsdam students with personal concerns ranging from homesickness to suicide.

They are available during scheduled office hours in our Satellite office, 121 Draime Hall and 1 PC is on call between 4:30 p.m.—8:00 a.m. 7 days a week while classes are in session.

They are closely supervised by the CCC staff.

Students, faculty and staff can contact the PC on-call at 315-261-8873.

SUICIDE AWARENESS WALK

The Counseling Center hosts a Suicide Awareness Walk each fall semester to support and honor those struggling with the loss of loved ones to suicide. We encourage faculty, staff, students and community members to join us for this important event.

See our website for details about the next Walk.



COLLEGE COUNSELING CENTER

Free short-term, solution-based psychological services for all registered SUNY Potsdam students.

www.potsdam.edu/studentlife/counseling

131 Van Housen Hall

For an appointment call 315-267-2330
Office hours 8:30 a.m. - 4:30 p.m.
Monday-Friday

For additional information please visit: www.potsdam.edu/studentlife/counseling

YOUR FIRST APPOINTMENT

The CCC encourages students to make an initial consultative appointment by contacting the CCC at (315) 267-2330.

At the time of your consultation meeting you will fill out a computer based consultation form at the College Counseling Center regarding your mental health history, prior treatment experience, as well as your anticipated goals for therapy.

Upon completion of this form you will meet with a professional counselor to discuss your needs and what services may be most appropriate for your presenting concerns. Some possible recommendations may include brief individual or group therapy at the CCC, connecting to other campus resources, or providing referrals to off-campus providers.

At times of peak service students may be placed on a wait list. Those who call and are not able to be scheduled for an appointment within two weeks are encouraged to clarify at the time of contact the nature and severity of their concerns. This information can best help our staff triage and determine how to best meet the student's needs.

If students wish to seek services off campus at that time the CCC staff will provide a list of off campus resources the students may explore.

EMERGENCY ASSISTANCE

If you're unsure what to do about a situation or our office is closed please call University Police at 315-267-2222 or Reachout, the St. Lawrence County 24-hour hotline at 315-265-2422.

NO-SHOW/LATE CANCELLATION FEES

The College Counseling Center strives to optimize students' access to our services. An ongoing problem has been the student who misses their appointment without any prior notification. To encourage students to call and cancel or reschedule their appointments in advance, the Counseling Center has implemented a "no-show/late cancellation fee"; a practice that has proven to be effective on other campuses dealing with the same issue. The fee for an appointment missed or cancelled late will be \$20. This fee will be charged to the student's college account and if not paid, a hold will be placed on their records and final grades until the fee is paid.

There are often legitimate reasons for missing an appointment. An Appeal form is available and students are given 2 weeks from the date of the missed appointment to submit the Appeal. If the Appeal is approved, the fee is removed from the student's account.

NOTE: If you are 10 minutes late for any scheduled appointment with a counselor you will be asked to reschedule and the fee will apply even if your counselor is able to see you late.

END OF SEMESTER APPOINTMENTS

We make every effort to complete therapy with students before the last day of classes. This allows us to be able to have open spaces available for students that come in during exam week who may be in crisis.

Students who do schedule appointments initially during the last two weeks of the semester are seen one time. Being a successful student is always the top priority and we trust students to use coping skills learned in therapy to work through the last weeks of each semester so that we can assist those in acute distress.

EMERGENCY WITHDRAWALS (W*)

We are only able to provide Emergency Withdrawal support for students who have been seen as clients at the Counseling Center on an on-going basis through the semester for which they are applying. Otherwise we cannot speak to the event(s) occurring and the impact they have had on a student's academic attempts.

Appointments for the sole purpose of seeking an emergency withdrawals are discouraged.

Students who are eligible for Emergency Withdrawals and have not been an on-going client at the Counseling Center are encouraged to consider other professionals with whom they have spoken through the event(s) such as clergy, doctors, or professors or should ask for assistance at the Student Success Center.