

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.

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, a local 24-hour hotline, at 315-265-2422.

PEER COUNSELORS (PCs)

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 suicidal ideation. These interns are trained, screened and supervised by CCC staff. The program was created over 14 years ago by the CCC Director and has grown to be an integral part of SUNY Potsdam's support network. PCs have an office adjacent to the CCC with daytime and evening hours. Hours are posted on our door, website and around campus.

SUICIDE AWARENESS WALK

The Counseling Center works alongside generous donors to host a Suicide Awareness Walk each fall. The purpose of the free Walk is to raise awareness to the suicide epidemic, support those struggling with the loss of loved ones to suicide, and reach out to those currently struggling with their own mental health. We encourage faculty, staff, students and community members to join us for this important event. See our website or the SUNY Potsdam Suicide Awareness Walk Facebook page for details about the next Walk.

COLLEGE COUNSELING CENTER

www.potsdam.edu/studentlife/counseling

131 Van Housen Hall
315-267-2330
counseling@potsdam.edu

**For an appointment call
315-267-2330**

8:30 a.m. - 4:30 p.m. Monday-Friday

YOUR FIRST APPOINTMENT*

Your initial appointment at the College Counseling Center (CCC) is a consultation meeting to gather information, hear about your concerns, and determine the best type of

treatment to assist with your goals. At the time of your consultation meeting, you will fill out a computer based consultation form regarding mental health history, prior treatment and anticipated goals for therapy. Students can typically get an appointment at the CCC within 7-10 days. At times of peak service, students may have longer wait times for consultation appointments. If students wish to seek services off campus, a list of off-campus providers is available on our website.

END OF SEMESTER APPOINTMENTS

We make every effort to complete therapy with students before the last day of classes in order to have crisis availability during exam week. Students who do schedule initial appointments 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 strategies learned in therapy to work through the last weeks of each semester so that we can assist those in acute distress.

LIGHT THERAPY ROOM

We have a small, private room with a light therapy box that mimics outdoor light. Researchers believe this type of light causes a chemical change in the brain that lifts your mood and eases other symptoms of Seasonal Affect Disorder. All students are welcome to use the light therapy room by simply checking in with the front desk.

Recommendations for use:

- Within the first hour of waking up
- For about 20 to 30 minutes
- Eyes open, but not looking directly at the light

MEDICAL SINGLES

If you are interested in obtaining a Medical Single, please see the Medical Single Application on the Residence Life website to understand the criteria. Residence Life accepts applications on-going through each semester.

EMERGENCY WITHDRAWALS (W*)

Please note: Emergency Withdrawal applications are for true emergencies. If you are struggling with a class for any reason you may withdraw without this application at any point up to the withdrawal date-10weeks into the semester.

Liberal Arts and Education majors interested in an Emergency Withdrawal can go to the Registrar website for more information. Applications can be obtained from the Student Success Center.

Crane majors interested in an Emergency Withdrawal, please speak to David Hauser, Associate Dean of Music in Bishop Hall C222 to determine your options and obtain an application.

To obtain support from the CCC for Medical Singles or W*, students must be a current and on-going client at the Counseling Center through the semester they are applying. Without current and historical knowledge of a student, the counselor is unable to accurately speak to their need.

The counselor must agree that an emergency has occurred that has prevented the student from being academically successful. If you and your counselor disagree about this condition, they will help you determine other therapeutic/ medical professionals who may be in a better position to support you.

EMOTIONAL SUPPORT ANIMALS

While Emotional Support Animals or Comfort Animals are often used as part of a medical treatment plan, they are not considered service animals under the ADA. Even though some states have laws defining therapy animals, these animals are not limited to working with people with disabilities and therefore are not covered by federal laws protecting the use of service animals.

Under the FHA [Fair Housing Act], a person may keep an assistance animal in their dwelling as a reasonable accommodation if all 3 following conditions are met:

1. the person has a diagnosed disability;
2. the accommodation is necessary to afford a person with a disability an equal opportunity to use and enjoy the dwelling;
3. there is a nexus between the disability and the function the animal provides (evidence that the animal relieves the diagnostic symptoms).

If you are interested in bringing your Emotional Support Animal to live with you in residence halls please see the Comfort Animal Application on the Residence Life website to understand the criteria.

To obtain support from the Counseling Center, students must be a current and ongoing client through the semester they are applying. In collaboration with the student, the counselor must agree that all conditions of the Fair Housing Act have been met.

*All counseling services are free of charge