



FAQs

Q: HOW DOES COUNSELING WORK?

A: The initial session includes paperwork (contact information, consent forms, etc.) and a meeting with a counselor to collect background information about each situation and concern. Counselors work with students to determine the best action plan for individual needs. Some students meet only once or twice to consult about a situational concern. For others, ongoing individual counseling sessions may be appropriate. If a specialist is needed, students are referred to practitioners from a large network of community resources.

Q: IS COUNSELING CONFIDENTIAL?

A: Yes. We are required by professional ethical standards to protect clients' privacy. Except for certain rare legal situations, all C&DS information is confidential and cannot be released to anyone without the student's written permission.

Q: HOW CAN I HELP SOMEONE WHO IS IN DISTRESS?

- A:**
- Be honest and express your concern.
 - Listen and offer emotional support and patience.
 - Show that you believe and understand what is being said.
 - Ask directly about thoughts of suicide.
 - Link him or her to a professional who can help.
 - Offer to accompany them to C&DS. Call to let us know you are bringing someone.
 - Stay with the person until help is arranged.
 - If it is an emergency, call 911.

CONTACT

University of St. Thomas
 Counseling & Disability Services
 Crooker Center, Second Floor
 3800 Montrose Blvd.
 Houston, TX 77006
 Phone: 713-525-2169 or ext. 6953
 Fax: 713-942-3474

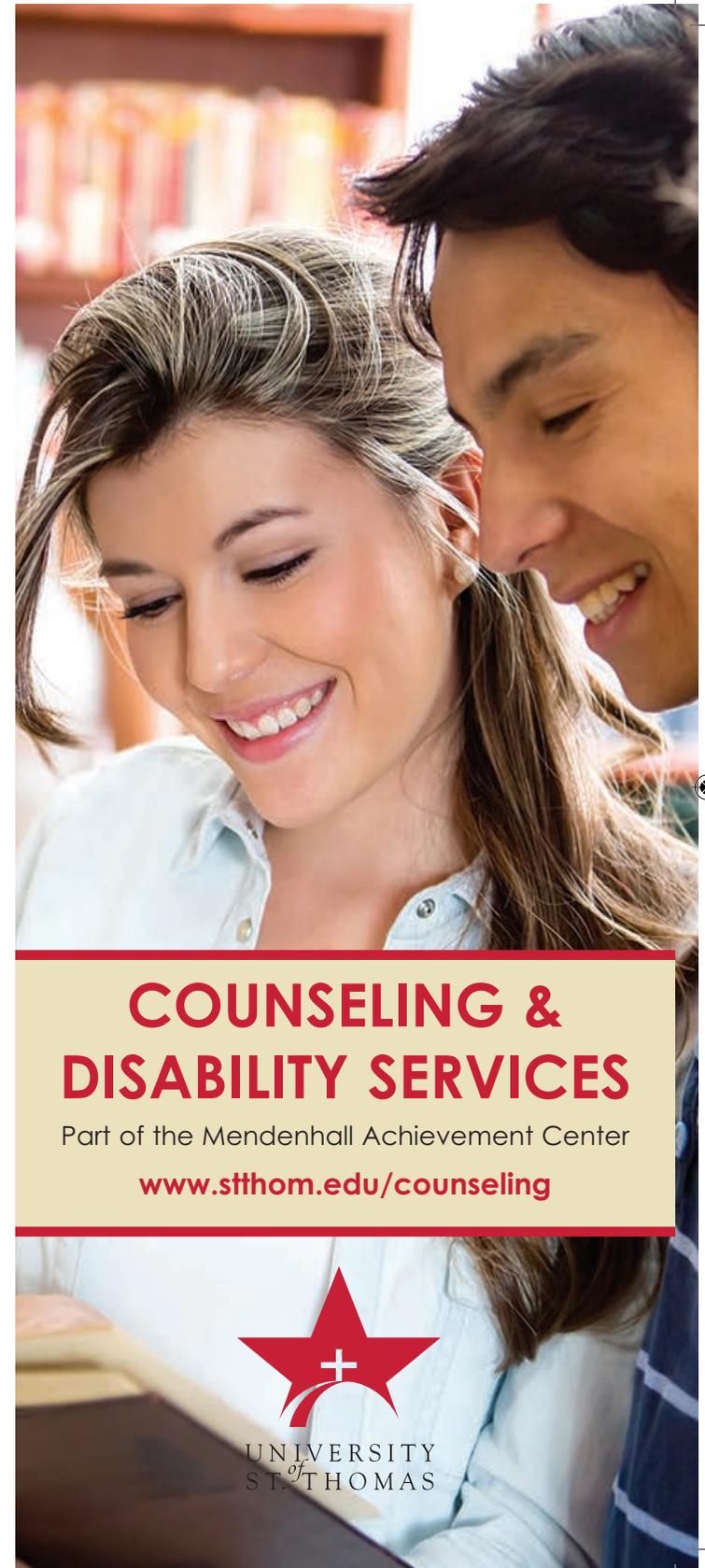
RESOURCES

ON CAMPUS

Campus Security	713-525-3888
Student Affairs	713-525-3570
Residence Life.....	713-525-3836
Dean of Students.....	713-525-6939
Campus Ministry.....	713-525-3589

OFF CAMPUS

Emergency	911
Crisis Hotline	713-HOTLINE
<i>(en Español</i>	<i>713-526-8088)</i>
Suicide Prevention Lifeline.....	1-800-273-TALK
UT Harris Co. Psychiatric Center.....	713-741-5000
MHMRA	713-970-7070
<i>(Mental Health Mental Retardation America)</i>	
Mental Health America Houston.....	713-522-5161
<i>(Information and referral line)</i>	
National Sexual Assault Hotline	1-800-676-HOPE
Houston Area Women's Center.....	713-528-6798



COUNSELING & DISABILITY SERVICES

Part of the Mendenhall Achievement Center

www.stthom.edu/counseling



UNIVERSITY
 of
 ST. THOMAS

ABOUT COUNSELING & DISABILITY SERVICES

MISSION

Counseling & Disability Services (C&DS) supports students who may encounter stressful challenges while at the University of St. Thomas. Services are designed to help students achieve academic goals and foster healthy decision-making. We provide mental health services, including personal counseling and/or community referrals. We also coordinate academic accommodations for students with disabilities.

SERVICES

Services are offered at no additional cost to enrolled students and are generally short-term, following a brief intervention model. Counselors assess the nature and extent of a student's concern and make recommendations.

Services include:

- Personal counseling and consultations
- Educational and academic workshops
- Campus mental health and wellness programs
- Community resources and referrals
- Crisis intervention
- Disability Services

APPOINTMENTS & HOURS

For appointments, contact C&DS at 713-525-2169 or ext. 6953 on campus. Visit the office in Crooker Center, second floor, Monday through Thursday, 9 a.m. - 5 p.m., and Friday, 9 a.m. - noon. Same day appointments may be available for urgent concerns.

PSYCHOLOGICAL CRISIS AFTER HOURS

In the event of a life-threatening emergency, call 911. If there is a psychological crisis after hours, you may call Campus Security at 713-525-3888 to have an on-call counselor paged.



COMMON REASONS STUDENTS SEEK HELP

I. WHY DO STUDENTS SEEK COUNSELING AT C&DS?

Students may seek help for a variety of personal concerns and other emotional issues. Sometimes life events can be overwhelming. C&DS can be a good resource to help students cope and build resilience.

II. COMMON REASONS

- Transition to college and academic concerns
- Feeling stressed or anxious
- Feeling moody, irritable, depressed or hopeless
- Expressing loneliness or grief
- Relationship concerns
- Difficulties with friends or roommate(s)
- Concern about a friend's mental health
- Domestic or dating violence
- Worry about a family problem
- Experiencing problems with alcohol and/or drugs
- Sleep disturbances
- Eating disorders
- Worry about life after graduation
- Trouble coping with a traumatic event
- Thoughts of death or suicide

III. IS MY PROBLEM TOO SMALL TO TALK ABOUT WITH A COUNSELOR?

Student concerns are important. Many students experience adjustment issues at some point during college and would benefit from meeting with a counselor. Often one or two consultations regarding situational concerns can make a big difference. Not all problems require ongoing counseling.

IV. DISABILITY SERVICES

C&DS provides academic accommodations for students with disabilities. Disabilities may be defined as physical limitations, learning disabilities, psychiatric conditions or health impairments.

If you have a disability or suspect one exists, contact C&DS for an appointment. Community referrals for testing and treatment are available if needed.

MAKE AN APPOINTMENT TODAY
COUNSELING & DISABILITY SERVICES

713-525-2169 or EXT. 6953