

Basic Information about Counseling Services

Counseling Services is located in the Avrette House on Pope Street (behind Quiznos and the Wallace Student Center), and is staffed by one full-time Counselor (University Counselor) and a Graduate Assistant. Counseling Services' hours are Monday – Thursday, 8:30 a.m. until 4:30 p.m., and Friday 8:30 a.m. until 12:00 p.m. Our office is closed from 12:00 – 1:15 p.m. daily for lunch. The University Counselor is seen by appointment, and appointments are scheduled by Counseling Services' Graduate Assistant at extension 5709. Services are provided **free of charge** to students who are enrolled currently. The focus of Counseling Services is to provide students with **short-term** psychotherapy and many students' concerns and problems can be addressed in **four to six** sessions. If a student is in need of more intensive treatment, he/she will be referred out to a local private provider. Personal counseling can include assisting you in clarifying goals and finding solutions to problems through careful listening, guiding self-exploration, and suggesting new perspectives for consideration.

Our website offers suggestions and tips as well (<http://www.campbell.edu/student-services/counseling-services/>).

Information that students share with Counseling Services staff is **confidential**. These records belong to Counseling Services and are **NOT** part of a student's academic records. This means that **the information will not be shared** with his/her family, University Personnel, students, or others **unless**: (1) the student gives prior written authorization, (2) if, in the Counselor's opinion, he/she is a clear danger to self or others, (3) North Carolina law requires, as in the case of the presence of child or elderly abuse, or (4) court-ordered disclosures. In such cases, the Counselor acts on behalf of the client consistent with safety needs and State laws. A student may want the University Counselor to speak with a professor, Dean, family member, or someone else. This is gladly done with that student's written consent.

Students may elect to pursue **Pastoral Counseling** from the Campus Minister, whose office is located on the second floor of the Wallace Student Center. Appointments may be made by calling ext. 1549.

EMERGENCY INFORMATION

Counseling Services provides crisis intervention during our hours of operation (Monday – Thursday, 8:30 a.m. until 4:30 p.m., and Friday 8:30 a.m. until 12:00 p.m.). A student in crisis should call **910-814-5709** or come to our office and **MAKE IT CLEAR THAT HE/SHE IS IN CRISIS**. Every effort will be made to respond ASAP.

WHAT IS A CRISIS?

1. Suicidal or homicidal thoughts or impulses
2. Sexual or physical assault
3. Hearing voices or otherwise misperceiving reality
4. Overwhelming loss, such as a death

If a student is experiencing **suicidal thoughts/actions or have a plan to harm him/herself**, he/she should contact emergency personnel **immediately** (from campus dial **x1911** for Campus Safety **immediately** or from elsewhere, dial **911** or present to the nearest hospital **immediately** for assistance). If he/she is experiencing another type of psychological emergency (emotional crisis) after our office hours, he/she should contact please contact Residence Life Staff, Campus Safety (x1911), and/or contact a crisis line (see #s on page 5).

As a Residence Life Staff Member, Whom do I contact when Counseling Services is closed?

- Consult with your Resident Director and/or Student Life Residence Life Staff (Director for Residential Living, Director for Community Living and Standards, Assistant Dean for Residence Life) about the situation.
- If Student Life Residence Life Staff (Director for Residential Living, Director for Community Living and Standards, Assistant Dean for Residence Life) determines University Counselor needs to be involved, they will contact her.

Psychiatric Medications: If a student is having a problem with a psychiatric medication, he/she should call the prescribing provider. If the problem is urgent or involves serious side effects, call or go to the nearest Emergency Room.

Emergency Numbers

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| <u>Counseling Services:</u> | (910) – 814 – 5709/5708 | 8:30 a.m. – 4:30 p.m., Monday-Thursday 8:30 a.m. – 12:00 p.m., Friday |
| <u>CU Campus Safety:</u> | (910) – 893 – 1375; x1911 | 24-7 |
| <u>Crisis Lines:</u> | | 24-7 |
| National Suicide Prevention Lifeline | 1-800-273-TALK (8255) | www.suicidepreventionlifeline.org |
| Hopeline | 1-800-SUICIDE | www.hopeline.com |
| HopeLine of NC | (919) 231- 4525 | www.hopeline-nc.org |
| Daymark Recovery Services | (910) 893-5727 (8 – 5) | (800) 939-5911 (Crisis Recovery Center after hours) |
| Johnston County Crisis Line | (919) 934-6161 | 24-7 |
| Fayetteville Helpline | (910) 485-4134 | 24-7 |
| <u>Local Emergency Room:</u> Betsy Johnson - Dunn | (910) – 892 – 7161 | 24-7 |
| <u>Sexual Assault/Domestic Violence:</u> | | |
| National Sexual Assault Hotline | 1-800-656-HOPE | 24-7 (free, confidential counseling) |
| Sexual Assault & Family Emergency [SAFE] (local rape crisis & domestic violence center) | (910) 893-7233 | 24-7 provides crisis intervention for victims of rape and relationship violence |
| Wake County: Interact of Wake | (919) 828-3067 | 1-866-291-0855 (toll-free) |

LOCAL PROVIDERS OF MENTAL HEALTH SERVICES:

Harnett Counseling Services (www.harnettcounseling.com)

(910) 814-0909 1186 North Main Street Lillington, NC

Dunn Psychological Associates

(910) 892-5839 102 Tilghman Drive Dunn, NC

E.M.H. Counseling & Associates (www.emhcounseling.com)

(910) 814-1600 206 Raleigh Street, Fuquay-Varina, NC

PRI Counseling Services

(910) 814-0394 133 W.Cornelius Harnett Blvd; Suite B Lillington, NC

Other providers of mental health services and assessments can be found on our website

(<http://www.campbell.edu/student-services/counseling-services/>) and on ULifeline.org

(www.ulifeline.org/schools/campbell) under section entitled Campus Services: Local Directory of Services.