

## How We Work With New Students

The Department of Counseling and Psychological Services (the Counseling Center) promotes optimal student health by providing quality mental health services.

### Fast Facts

- 1) Short-term therapy in the Counseling Center is confidential and free.
- 2) We have a Clinical Case Manager to assist students with finding a mental health provider off campus if needed.
- 3) Our psychiatrists cannot write prescriptions to refill another provider's medication. Please keep your provider at home for medication needs or arrange accordingly for ongoing care prior to coming to campus.
- 4) We sponsor a therapy dog program in Sykes Student Union. Dates are posted on the Counseling Center website and our Instagram. We also have a therapy dog on site in the Lawrence Center on most days.

### Key Takeaways

Students wanting to seek out mental health services should know that the Counseling Center is a confidential and non-judgmental outlet for them. Parents should be careful about pushing their students too hard to visit the Counseling Center. Confidentiality is the hallmark of our work. While there are some exceptions, parents should respect the fact that mental health issues are private.

- How do students make an appointment to see a counselor?
  - Students must first come to the center for a walk-in triage appointment Monday through Friday between 1pm and 3pm. During the appointment, they will have time with a clinician to discuss their concerns and recommendations for ongoing counseling. You can schedule short-term therapy appointments afterwards.
- How do students get to see the psychiatrist?
  - Students may only work with the consulting psychiatrist if they are currently in short-term therapy with a Counseling Center clinician. There is a charge for psychiatrist appointments.
- What is involved in Group Therapy?
  - Some students can be assisted best in a group among their peers. Students can sign up for weekly group sessions by visiting our website. Each group session is led by a professional leader or co-leaders and continues for the duration of the semester.

### Who to Know

Dr. Julie Perone, Chair/Director/Licensed Psychologist  
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Muddy Puddles, Counseling Center Therapy Dog



WCUDogTherapy