

GUILFORD COLLEGE COUNSELING CENTER FAQ

1. What services does the Counseling Center provide?

If something is a concern to you, we are here to talk about it. Issues students commonly talk about in counseling include relationship problems, anxiety or depression, alcohol or drug issues, concerns with food and body image, academic issues, as well as other problems. In addition to counseling, we provide crisis intervention, consultation, assessment, and in most cases can offer the recommended treatment.

2. Is there a charge, and how long is each session?

There is currently no charge for enrolled students, and a counseling session generally runs 45 to 50 minutes.

3. How many counseling sessions can I have?

The Counseling Center provides short-term treatment, but there is no rigid limit on the number of sessions. When you meet with your counselor, you will talk about what you are hoping for, and you and your counselor will decide together what is right for you. You will always have the option to discontinue treatment, even if the counselor recommends more sessions. If you decide that you want more sessions than the Center can offer, we will help you find a resource in the community.

4. If I need medication, how is that handled?

If you and your counselor decide that medications should be considered as part of your treatment, there are several options available. We have a psychiatrist who consults with students here in our office on a regular basis. There is currently no additional charge for this service. Arrangements to see the psychiatrist must be made through your counselor. Once you are stable on your medication, your counselor will facilitate a referral to Eagle physicians for ongoing medication management. If you prefer to meet with a psychiatrist in the community instead of our psychiatrist, we can provide a referral.

5. Are my sessions confidential?

Yes, your sessions here are confidential. Your appointments will not appear in any official College record, and we will not speak to anyone outside of Counseling Services without your written permission, with the following exceptions:

- If we believe you are a danger to yourself or others, we are committed to doing what is necessary to keep you and others safe.
- If we learn about child or elder abuse, we are required by law to report it.
- If you are involved in a court case, your records may be subpoenaed.

Your counselor will explain the ethical limits of confidentiality during your first session and can answer

any additional questions you may have.

6. What if I'm having a crisis and the Counseling Center is closed?

Please call Guilford College Public Safety at 336.316.2911 or, if you're a residential student, contact your Community Director or Resident Adviser. Any of these people can put you in touch with an on-call therapist by phone to assist you through the crisis.

7. What do I do if I'm concerned about a student?

- *If you are a parent* concerned about your student's psychological wellbeing, we are available to consult with you about how to handle your situation. If you have any questions about how to help a student, please consult with someone at the Counseling Center by calling 336.316.2163. In an after-hours mental health emergency, please call Public Safety at 336.316.2911.
- *If you are a staff/faculty member* and you believe there may be imminent danger to the student or someone else, please call Public Safety. If the student is not in immediate danger, please fill out a [NAVIGATE](#) alert. If the student is in distress but willing to seek help, please refer the student to the Counseling Center at 336.316.2163 or counseling@guilford.edu to schedule an appointment.
- *If you are a student* concerned about a fellow student, you may consult with someone at the Counseling Center by calling 336.316.2163. If a friend is experiencing a mental health emergency and the Counseling Center is closed, please contact your Community Director (CD) or Public Safety at 336.316.2911.