

HOW TO RECEIVE COUNSELING SERVICES?

No prior appointment is needed to visit Sahayam. For your first appointment, you may walk in during our office hours and you will be seen by the available counsellor. When you come in for a first appointment, you will be asked to complete a few minutes of paperwork, and then you will see a counselor, who will aid you with any immediate crisis and who will help you decide what you need in order to address yours problems/concerns.

The Counseling Center offers a full range of counseling services to all currently-admitted students, at no charge.

CONFIDENTIALITY

The Counseling Center respects your right to confidentiality. Although the Center maintains case files, our records are open only to authorized Center staff. They are not shared with other offices or departments of the University and they do not become part of any University record. No information, including the fact that you've made an appointment or sought services, is shared with anyone without your written consent. There are, however, a few exceptions to confidentiality:

We are obligated to keep you safe and thus if you tell us about

- Wanting to harm yourself or someone else AND/OR
- Current child abuse (sexual, physical, or emotional) or neglect of a child

In these two situations, we are ethically obligated to take any necessary action to prevent harm from occurring. Thus, this can sometimes mean that confidentiality cannot be maintained under the above two circumstances. However, please note that even under these conditions, we only share information necessary to keep you safe and do not share other information about you.

WHEN SHOULD I SEEK PSYCHOLOGICAL COUNSELING?

You should seek counseling if:

- You are feeling overwhelmed and helpless
- your problems do not seem to get better despite your efforts and help from family and friends
- You find it difficult to carry out everyday activities: for example, you are unable to concentrate on assignments at work and your job performance is suffering as a result.
- You worry excessively, expect the worst or are constantly on edge.
- Your actions are harmful to yourself or to others: for instance, you are drinking too much alcohol, abusing drugs or becoming overly argumentative and aggressive.

In case your issues are unique and don't fit the above considerations please contact our counselors at Sahayam to help you.

(Above adapted from American Psychological Association)

SOME OF THE COMMON REASONS STUDENTS SEEK COUNSELING?

Students come to the Counseling Center for many different reasons. Some of the common reasons are the following:

- Concerns about *relationships*
- Problems with *college or studying*
- Questions about your *future*
- *Adjusting* to college and being away from home
- Questions about your *sexuality*
- Wanting to improve your *family relationships*
- Wanting to be more *assertive* or improve your *self-confidence*
- Not feeling like your *"old" self*
- *Eating* too much or too little
- Consuming *alcohol or other drugs* more than you'd like
- Difficulty *balancing* all the demands of college student life
- Thinking about *ending your life*
- *Grieving* over the death of someone close to you
- *Difficulty taking care* of your normal 'day to day' life
- Concerned about someone *close to you*
- Recovering from *unwanted sexual contact or violence*
- Carrying a *secret* that you've never told anyone, but wish you could

If you are uncertain about whether you should seek counseling or not, our counsellors can help you with this as well. Come in and talk to our counsellors.