

What is

Counseling?

*Counseling is a confidential discussion about personal, social, or emotional issues that cause distress or impair your functioning.

*Counseling helps you identify and change behaviors or ways of thinking that have not worked well for you.

*Counseling helps you develop decision making and coping skills needed to meet the challenges of living and learning.

Is my counseling

Confidential?

Yes, information you share in counseling sessions will be treated by Counseling Services staff with strict confidentiality and is protected by state and federal laws. Information will not be disclosed to anyone outside the Center without your written permission except in rare instances when disclosure is necessary to protect you or someone else from imminent danger.

Counseling Services

Kanbar Student Center 323
(215)951-2868

APPOINTMENTS

9:00am to 5:00pm

Limited appointments available at 8:00am

Monday through Friday

DROP-IN HOUR

1:00pm-2:00pm

Monday through Friday



Counseling Services

2017-2018

Personal Counseling for Students

*Counseling Services 215-951-2868
Kanbar 323*

Who is eligible For services?

*Counseling Services is free to all undergraduate and graduate students.

*Faculty and staff members may receive free, confidential counseling through the Employee Assistance Program by calling (888) 293-6948.

How do I arrange To see a counselor?

*Call Counseling Services at 215-951-2868 to schedule an appointment with a counselor.

*At the time of your first appointment, you will complete intake forms and meet with a counselor.

*During your first appointment, you and the counselor will explore your concerns, clarify your goals, and plan for appropriate services (on or off-campus).



Self-Help Information

Visit our website for:

- *Information about our services
- *Links to helpful web resources
- *Anonymous on-line mental health screening
- *Anonymous on-line alcohol and marijuana assessment

www.philau.edu/counseling

What services are Available?

INDIVIDUAL COUNSELING: Meet with a counselor for individual sessions.

GROUP COUNSELING: Meet with other students and a counselor to discuss problems and concerns.

COUPLE COUNSELING: Each member of the couple must first complete the intake process.

CONSULTATION: Faculty, staff, and others concerned about a student may call Counseling Services at 215-951-2868.

EMERGENCY TRIAGE: During regular office hours, call Counseling Services at 215-951-2868 to arrange for an emergency appointment. After regular office hours, please contact Safety & Security at 215-951-2999 on campus or 911 off-campus.

WORKSHOPS: Small group seminars focus on various life skills related to your emotional health.

REFERRAL TO COMMUNITY RESOURCES: We provide referral information regarding appropriate community resources for students whose needs are beyond the scope of our services.

DROP-IN HOUR: Meet with a counselor for a brief session. No appointment is needed. Calling ahead is advised 215-951-2868.