

# STUDENT COUNSELING CENTER

## CONTACT

[www.goucher.edu/counseling](http://www.goucher.edu/counseling)

Phone: 410-337-6481

Fax: 410-337-6005

Mary Fisher Hall, 3rd floor

GOUCHER | college

## IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY

- Call the Counseling Center at 410-337-6481 on weekdays from 9 a.m. until 5 p.m., or attend the Crisis Walk-in Hour: Monday to Friday at 1 p.m.
- To speak with a mental health counselor after hours, call 855-236-4278.
- Contact the Office of Public Safety at 410-337-6112.
- Call 911 or go to your nearest emergency room.
- Call the Baltimore County Crisis Hotline at 410-931-2214.

## COUNSELING SERVICES

Services provided are free, confidential, and do not require a referral. The Student Counseling Center offers brief individual psychotherapy, campus outreach, and consultation.

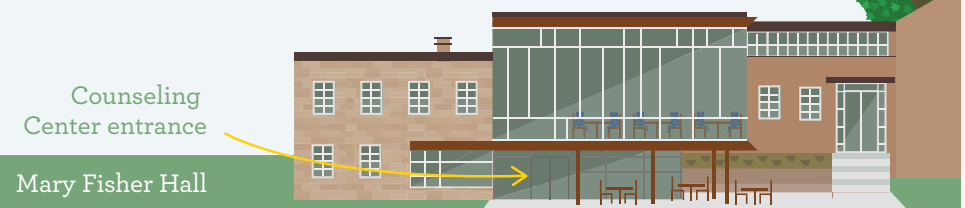
## COMMUNITY MENTAL HEALTH SERVICES

It is recommended that current and prospective students in need of ongoing, long-term mental health support (including psychiatric medications) familiarize themselves with their insurance benefits, particularly regarding authorization of ongoing mental health services in the state of Maryland. A list of off-campus resources can be found at [www.goucher.edu/communityproviders](http://www.goucher.edu/communityproviders).

## APPOINTMENTS

To schedule an appointment with a clinician, call 410-337-6481 or visit us in person on the third floor of Mary Fisher Hall to complete an Appointment Request Form. You will be contacted shortly thereafter with a mutually agreed upon consultation timeslot.

The goal of the first session is to figure out what is going on in the “here and now” and develop a treatment plan best suited for an individual student. For those who can benefit from a short-term treatment model, follow-up sessions will be scheduled with one of our center’s mental health clinicians.



## CONFIDENTIALITY

Legal regulations ensure strict confidentiality at the Student Counseling Center. Your records will be seen only by those involved in providing your care and are kept separately from health and academic records. Our mental health clinicians are legally bound to confidentiality and are therefore NOT mandated reporters under Title IX and consultation.

## BE RESPONSIBLE

If you cannot attend a session, please notify us as soon as possible. (We request a 24-hour notice.) A \$10 missed appointment fee will be charged to your student account for no-shows.