PSYCHOEDUCATION & OUTREACH

- Campus-wide campaigns on emotional wellness
- Topic-specific psychoeducational workshops
- Trainings for student leaders and nonclinical faculty and staff
- Targeted, short-term group interventions

DIRECT STUDENT SERVICES

Services We Provide
The Student Counseling Center offers free, confidential, short-term counseling to full-time undergraduates as well as students enrolled in the post-bac pre-med program at Goucher College.

Services We Do Not Provide
The Student Counseling Center does not provide educational assessments; assessments and documentation for emotional support animals or service animals; one-time assessments for accommodations or study abroad evaluations; or long-term psychotherapy, therapy occurring more than one time per week, or therapy for disorders that warrant specialized treatment.

STATEMENT OF 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. No one may have access to your records without written authorization. There are legal exceptions to confidentiality that will be discussed during your consent to treatment.

YOUR RESPONSIBILITY

Our resources are limited! It is important for you to keep the appointments you schedule. If you cannot attend a session, please notify us as soon as possible. (We request a 24-hour notice.) A $10 fee will be charged to your student account for no-shows.
**APPOINTMENTS**

**Making an Appointment**
To schedule an appointment 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 an appointment time.

**What Happens During Your First Appointment?**
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 the 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.

When specialized, intensive, or long-term treatment is indicated, referrals will be made to licensed counselors in the Towson area.

**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 and community treatment providers. Additional resources are available on the Counseling Center’s website: www.goucher.edu/communityproviders.

**STUDENT COUNSELING STAFF**
Counseling services are provided by licensed professional counselors, psychologists, and supervised clinical externs. The staff is highly experienced in addressing the mental health needs of emerging adults in a college setting. For staff bios, visit www.goucher.edu/counseling.

**Monica Neel, Psy.D.**
Director
Licensed Psychologist
monica.neel@goucher.edu
(410) 337-6562

**Lauren Greenberg, M.S., LCPC**
Assistant Director
Mental Health Counselor &
Clinical Case Manager
lauren.greenberg@goucher.edu
(410) 337-3023

**Doug Girard, Psy.D.**
Coordinator of Clinical Training
Licensed Psychologist
doug.girard@goucher.edu
(410) 337-6052
MENTAL HEALTH EMERGENCIES

**Walk-in hour:** Monday-Friday at 1 p.m.
This hour is reserved for students experiencing an urgent mental health crisis who cannot wait for a scheduled appointment.

**After-hours:** (855) 236-4278
Need to speak with a mental health counselor after hours? Goucher’s Counseling Center has partnered with ProtoCall to ensure students have access to mental health support outside of normal business hours. This service integrates seamlessly with the Goucher Counseling Center.

**Office of Public Safety:** (410) 337-6111

**Baltimore County Crisis Response:** (410) 931-2214

**Crisis Text Line:** Text HELLO to 741-741

**Sexual Assault Support**
TurnAround: (410) 377-8111
Title IX Coordinator: (410) 337-6243