

GOUCHER | college

STUDENT COUNSELING CENTER

FALL 2023



WHAT WE DO

Short-Term
Psychotherapy

Urgent
Appointments

Outreach
&
Programming

Referral
Support

24/7
Afterhours
Phone Line





WHO WE ARE

- 4 Master's Level Clinicians
- 1 dual Master's Level Clinician and Clinical Case Manager
- 2-5 Trainees (new trainees every year!)
- Clinical approaches include Cognitive-Behavioral, Motivational Interviewing, Relational-Cultural, Dialectical-Behavioral, Insight-oriented, and Personality-theory psychotherapies
- One Receptionist



When

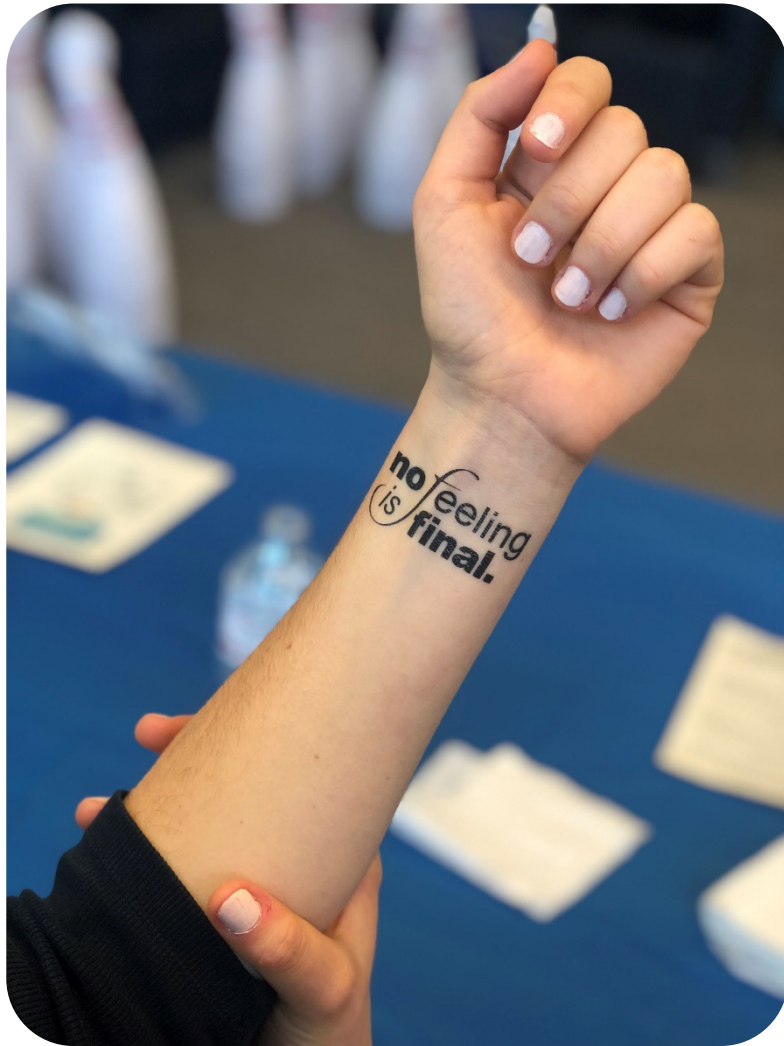


Operates Monday-Friday 9am-5pm

Students may access when enrolled in classes. We start scheduling appointments on the first day of classes.

All students have access to a "24/7" afterhours phone line if you need to speak to a counselor outside of business hours (855-236-4278).

One headline outreach event per semester, with several smaller events throughout



HOW

Interested Students may submit an appointment request form on our website at any time or call 410-337-6481 during business hours!

Urgent appointments can be requested by phone and are usually scheduled within 3-5 business hours.

(Note: Third-parties are unable to schedule appointments for their students)

WHERE

The office is located on the top floor of Mary Fisher (right above the main dining hall)

Helpful Thing to Know about the SCC

Students have access to a 24/7 phone line for mental health support called the "Afterhours Line"

Counselors cannot solicit services or reach out to students without the student initiating contact...but the **Office of Student Support and Outreach** can reach out to students if you have concerns

We do not offer medication management/psychiatry

Helpful Things to Know about the SCC

The Counseling Center offers short-term therapy (about a semester or so). If person needs services beyond that time, we've established connections with a wealth of quality clinicians in the Towson/Baltimore Area.

Services are completely confidential without written permission to communicate with an outside party.

Students have access to a web-platform called "WellTrack Connect" that can be used to search for and communicate with off-campus providers

Referral support is available! The Clinical Case Manager is available to help students connect with off-campus providers

Helpful Things to Know about the SCC

Students do not need to be in crisis to seek support from the Counseling Center. Early intervention is better.

If a person has established mental health and/or psychiatric care, it is not advisable to cease that treatment when starting college

Services are not unlimited. We offer short-term psychotherapy with one session per week

Referral support is available! The Clinical Case Manager is available during the summer months to help students connect with off-campus providers

Ways Parents Can Help Their Students

1

Encourage them to attend psychoeducational outreach events. Many are fun while also sharing useful information about well-being.

2

If they are hesitant to seek therapy, suggest they go for one appointment and see what they think. Sometimes the idea of committing to many sessions can feel overwhelming.

3

Encourage your students to look at our bios. Having the counselors feel human often makes students more willing to speak to us.

Scan the
QR Code
to visit
our
website!

