

# What Type of Counseling Appointment is Right for Me?

Please review the information below and let front desk staff know which level fits your current situation. If you are interested in individual, couples or group therapy, psychiatric services or our Feel Better Fast / Stress Management Clinic, let us know that as well. We understand that each situation is unique and cannot be fully described below, but please do your best so that we can make sure we place you with an appropriate appointment.

## Level 1: Emergency

- I am at immediate risk of taking my own life or someone else's
- I have taken recent steps to end my life

If this description describes your situation today, please ask front desk staff for an emergency appointment. A counselor will meet with you focusing specifically on safety concerns.

## Level 2: Urgent

- I am dealing with a personal crisis that needs rapid attention from a mental health professional. I am not at immediate risk of taking my own life or someone else's and have not taken recent steps to end my life.

Common Issues addressed in urgent appointments include:

- Suicidal or homicidal thoughts without immediate intent to harm
- Recent sexual assault
- Death of a significant person in your life

## Level 3: Standard Appointment

I am here seeking ongoing counseling services for a concern such as:

- Anxiety/stress
- Depression
- Self-esteem
- Relationship concerns
- Alcohol or drug use
- Eating and body image concerns
- Academic difficulties
- Athletic performance
- Panic
- Trouble adjusting to college

## Level 4: Consultation

I am **NOT** interested in ongoing therapy at the counseling center, but want to talk briefly to a counselor.

Common reasons for consultation are:

- Concern for a friend
- Needing referral for counseling elsewhere or medication
- Needing to make a major life decision in the next few days
- Needing to withdraw from the university