

COUNSELING AND CAREER SERVICES

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National Suicide Prevention
Lifeline
988

The Steve Fund
Text STEVE to 741741 to
reach a culturally trained
counselor

Trevor Project hotline
1-866-488-7386

Trans Lifeline
1-877-565-8860

Veterans' Crisis Line
1-800-273-8255

Contact Us

Us

Friedman Student Union, Rm 305
185 Sam Sibley Drive
NSU Box 5286
Natchitoches, LA 71497

HOURS 7:00 A.M. – 5:00 P.M.;
MONDAY-THURSDAY; 8:00-4:00 FRIDAY

(318) 357-5621 fax: (318) 357-6006

Northwestern State University does not discriminate on the basis of race, color, gender, religion, sexual orientation, national origin, disability, genetic information, age, pregnancy or parenting status, and veteran or retirement status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following have been designated to handle inquiries regarding non-discrimination policies (i.e., Title IX): Employees/Potential Employees - Veronica M. Biscoe, EEO Officer (318-357-6359) or Students - Frances Conine, Dean of Students (318-357-5286). For Americans with Disabilities Act (ADA) concerns, contact the Disability Support and Tutoring Director, Catherine Fauchaux, at 318-357-4460.
*Inquiries regarding employment applications should call Business Affairs (318-357-5446).

III | NORTHWESTERN STATE

COUNSELING AND CAREER SERVICES

DEDICATED TO ONE GOAL. YOURS



STUDENT COUNSELING SERVICES

STUDENT COUNSELING SERVICES

Welcome to Counseling and Career Services . We know that the decision to come for counseling may be a difficult one. You may naturally be anxious. To relieve some of your anxiety as well as answer some of the questions that students frequently ask, we have prepared this information brochure.

Services are available to all NSU students and paid for by the Health Services fee. Depending on the nature of the student's problems, counseling may be conducted individually or in a group format. Services are provided by licensed professional counselors and graduate interns in the Clinical Mental Health and Clinical Psychology Masters' programs who are under the supervision of the Director of Counseling and Career Services.

In an effort to better meet your needs, you will be asked to complete various forms during the initial session. The information gathered from these questions and any counselor notes are for the counselor's professional use only and will be kept in the strictest confidence. **These records do not become part of your school records.**

Visit our website at:
<http://ccs.nsula.edu/>
For more information and helpful resources



CONFIDENTIALITY

Confidentiality is the foundation for any counseling relationship and is necessary to establish a safe environment in which you, the student, can grow and heal. The counseling relationship and the information resulting from the counseling sessions will not be disclosed to others without the written consent of the student.

The exceptions to this rule are as follows:

- The student is at risk for harming him/herself;
- The student is at risk for harming another;
- A minor child, elder, or handicapped person is judged to be in danger of abuse;
- A student's records are subpoenaed by court (*usually in divorce and child custody cases*).

RESPONDING TO THE COVID-19 PANDEMIC

Guidelines are in place to protect the health of our campus community and prevent the spread of Covid-19. Social distancing is required. Sanitizing of offices will occur between each session.

Our counselors are trained to provide **teletherapy services** to our students via several secure online platforms (private and confidential). This service provides an option to students who are quarantined or return home to complete the semester (if residing in the state of Louisiana where the counselors are licensed).

When additional health and medical treatments are needed, students may be referred to an appropriate off-campus resource. A contracted psychiatrist is available to provide psychiatric evaluations and medication monitoring via **telehealth psychiatric services** for students who require medication management/ psychiatric support, whether attending classes, under quarantine or onsite. **Teletherapy and psychiatric services** ensure continuity of care and support for students who require our services.

THE COUNSELING PROCESS

Client Responsibility

As a client, you are responsible for the following:

- 1) Keeping all your appointments or calling to cancel, as soon as possible;
- 2) Actively participating in all sessions;
- 3) Completing counseling assignments;
- 4) Being honest with your counselor;
- 5) Informing your counselor if you wish to terminate counseling.

You and your counselor will make decisions about the type of counseling, the frequency and number of sessions, and your counseling goals.

We want you to have a positive counseling experience. You may find that the counselor you are scheduled to meet is not a good match for you.

- You may change counselors at anytime without negative consequences.
- If you are dissatisfied for any reason, we hope that you will speak with your counselor directly, or if you require further assistance, the Director, Rebecca Boone NCC, LPC-S.

CRISIS INTERVENTION

24-hour crisis call service is provided. During regular working hours call 318 357-5621. After 5 pm Monday-Thursday and 4:00 pm on Friday call University Police dispatch at 318 357-5431 and the counselor on call will be contacted for you.

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Lifeline
988**