WHAT IS COUNSELING?

Counseling is a confidential and interactive process which allows you to explore personal, social, and emotional issues and concerns with a mental health professional. Counseling will allow you to gaining insight and help facilitate personal growth through psychotherapy, or talk therapy, and other therapeutic interventions.

Funding for this publication provided by the Substance Abuse and Mental Health Services Administration (SAMHSA) Grant No. SM061465

ABOUT US

Donnelly College Counseling Center is specialized in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers, and mental health counseling graduate students under direct clinical supervision.

CONTACT US

The Counseling Center is located on the 7th floor of the main building in Room 710.

FALL/SPRING HOURS
Monday – Friday
8:30 a.m. – 4:30 p.m.

SUMMER HOURS
Monday – Thursday
8:30 a.m. – 4:30 p.m.

APPOINTMENTS
If you wish to make an appointment, you may call 913.621.8781 or email dcamden@donnelly.edu.

VISIT OUR WEBSITE FOR:
Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

www.donnelly.edu/counseling

DONNELLY COLLEGE
608 N. 18th St. Kansas City, KS 66102 | donnelly.edu | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; www.ncahlc.org. Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.

COUNSELING CENTER

donnelly.edu/counseling

SERVICES AVAILABLE

INDIVIDUAL AND COUPLES COUNSELING is available on a short-term basis for psychological and personal issues such as adjustment to college life, interpersonal/relationship issues, stress management, grief and loss, family concerns, alcohol and substance abuse, depression, anxiety, and suicidality.

CLASSROOM VISITS AND PRESENTATIONS are available upon request for one of our staff members to visit your classroom to provide counseling and psychology related informational presentations.

QPR SUICIDE PREVENTION TRAINING SESSIONS are available to staff, faculty, and students leaders regularly during the year. The training will provide you with the basics on what the warning signs are and how to help someone in need. Training is also available to anyone from the Donnelly College community; please contact the Counseling Center for more details.

COUNSELING CENTER WORKSHOPS AND POWER HOUR PRESENTATIONS on topics such as time management and stress relief are offered from a Counseling Center staff member. See the Donnelly College calendar for upcoming presentations or contact the Center to request a workshop for your campus organization.

CONSULTATIONS ARE AVAILABLE FOR FACULTY, STAFF, AND STUDENTS who want to discuss counseling services for themselves or someone else. Call 913.621.8781 for a consultation.

REFERRAL INFORMATION IS PROVIDED TO STUDENT, STAFF, AND FACULTY when more specialized or comprehensive treatment is needed, or if off-campus counseling services are preferred by the client.

OTHER SERVICES upon request are available, such as group facilitation and family therapy. Contact the Center for details.

REFERRAL PROCESS

STUDENTS

As a Donnelly College student, you can refer a classmate to counseling services by giving them our contact information and/or follow the referral guidelines below. You are also welcome to contact us for a consultation if you need additional help on how to make an effective referral.

FACULTY & STAFF

AS A FACULTY OR STAFF MEMBER, HOW DO I REFER A STUDENT TO COUNSELING? As a faculty or staff member you see students every day and therefore are in the perfect position to recognize when a student may benefit from counseling services. Here are some tips to help you refer the student to the Counseling Center:

1. ***TALK TO THE STUDENT IN PRIVATE AND LISTEN.*** Express your concern for their well-being by saying something such as, "I've noticed that you have been _____ lately and I'm concerned."
2. ***LET THEM KNOW THAT THERE IS A PROFESSIONAL COUNSELOR*** at Donnelly that can help them.
3. ***INFORM THE STUDENT THAT THE SERVICES ARE STRICTLY CONFIDENTIAL*** and that there is no fee for current students.
4. ***IF THE STUDENT IS UNSURE ABOUT TALKING TO SOMEONE,*** let them know that they can go for a consultation to discuss what services the Counseling Center offers.
5. ***YOU CAN EITHER GIVE THE STUDENT THE COUNSELING CENTER CONTACT INFORMATION OR YOU CAN CALL WITH THE STUDENT IN YOUR OFFICE*** and hand them the phone so that they can make an appointment.
6. ***YOU MAY WISH TO FOLLOW UP WITH YOUR STUDENT TO SEE HOW THEY ARE DOING.*** However, please be aware that unless a written release of information is signed by the student, the Counseling Center cannot share information regarding counseling services provided.

IMPORTANT: If the student's situation is life threatening to them self or others then it is critical to call the Counseling Center (x 281), the security office at (913) 433-3350, or 911 immediately to get help.

FAQ

ELIGIBILITY AND COST

Counseling Center services are provided free of charge to currently enrolled Donnelly College students, staff, and faculty members.

CONFIDENTIALITY

Visits to the Counseling Center and the contents of the counseling session are strictly confidential. Information may be released with the client's written permission or under extraordinary circumstances.

WE CAN HELP.

DEPRESSION
RELATIONSHIPS
PAST TRAUMA
SLEEP PROBLEMS
STRESS/TENSION
SOCIAL ANXIETY
EATING DISORDERS
ADDICTIVE BEHAVIORS
TEST ANXIETY
FAMILY ISSUES
SUICIDAL THOUGHTS
DIFFICULTY CONCENTRATING