OVERVIEW OF SERVICES

137 Umstead Hall
252-328-6661
counselingcenter.ecu.edu
Our Mission

• As a staff, we are committed to celebrating the diversity that gender, gender identity, sexual orientation, age, religious beliefs, class, appearance and abilities bring. Further, we embrace an inclusive definition of diversity, while facilitating healing in our lives, and in the lives of those we serve and train.

• Services are designed to facilitate skill development, improve functioning, and increase understanding of self and others
CCSD Services

For currently enrolled ECU Students
(Covered by tuition and fees)

No information can be released without a student’s (age 18 or older) written permission

- Exceptions include in cases of imminent danger to self or others
- Abuse or neglect to a minor or other vulnerable population
- Court order
CCSD Staff Members: *Multi-disciplinary*

- Licensed Clinical Addictions Specialists
- Licensed Clinical Social Workers
- Licensed Marriage and Family Therapist
- Licensed Clinical Mental Health Counselors
- Licensed Psychologists
- Screener/Case Managers
Services Offered

- Skills Workshops
- Group Counseling
- Brief Individual Counseling
- Alcohol/Drug Counseling
- Outreach Programming
- Urgent Care Appointments
  - After-hours crisis support
- Case Management
- Referral
- Consultative Services
How to visit CCSD...

- Schedule an Initial Consultation
  - Student should **call 252-328-6661** to schedule a first appointment
  - If under 18 years of age, parent consent will be needed to initiate services (except in emergencies)
Urgent Care

- Same day screenings are available for students who contact CCSD for an urgent matter by calling 252-328-6661.
- It is up to the student to determine if their need is urgent.
- These appointments are offered on a first-come, first serve basis. Students are provided a brief mental health screening and crisis support.
- After this appointment, students could be scheduled for individual or group counseling at CCSD, referred to an off-campus provider, or directed to another campus office that would best suit their specific concern.
Psychiatry/Medication Management

- Medication management is available through Student Health Services.
- Psychiatry records can be faxed to the SHS fax number: 252-328-0462
- Please call 252-328-6841 to inquire about services and appointments. [https://studenthealth.ecu.edu/](https://studenthealth.ecu.edu/)
Most Common Reasons Students Seek Counseling

- Relationship issues
- Depression
- Adjustment
- Substance issues
- Anxiety
- Trauma
How to Recognize Distress

• Missing class regularly
• Decline in academic performance
• Sleep or extreme eating changes
• Significant mood shifts
• Substance use/misuse
• Excessive worry
• Low motivation
• Mention of suicide
• Social withdrawal
• Disjointed thoughts
• Hopelessness
Indicators of Positive Adjustment

- Going to class
- Not going home every weekend
- Getting involved

- Making new friends – not just boyfriend/girlfriend
- Studying – in balance with other activities
How To Help Your Student Grow

• Expect change in your student and your relationship with them—it’s a time of transition

• Encourage independence in your student

• Allow student to take responsibility for scheduling appointments and getting help

• Know that you might need to get involved in extreme circumstances

• Support student while they work through difficult or failure experiences without rescuing
Concerned about a Pirate?

ECU CARES
- Team coordinated through the Dean of Students Office
- Can make referrals and provide follow-up

Visit the ECU CARES website for a list of possible resources, both on-campus and off-campus

https://ecucares.ecu.edu/
Check Out Our Website!
http://www.ecu.edu/counselingcenter/

• Learn more about our services
• List of free downloadable apps for Android and iPhone
• Online self-help resources by counseling topic
• Staff Listing with photos and clinical interests
• Link to online screening for depression, anxiety, PTSD and eating disorders
• Upcoming outreach events and programs
• FAQs and myths about counseling
Any questions?