Overview of Services
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
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:
  • Cases of imminent danger to self or others
  • Abuse or neglect to a minor or other vulnerable population
  • Court order

The Buckley Form does not cover services provided at CCSD.
Services Offered

- Skills Workshops
- Group Counseling
- Brief Individual 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).
  - Appointments for fall 2023 can be made in early August 2023.
Urgent Care

• Same day appointments are available for students who contact CCSD for an urgent matter.

• 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 seen for 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 offered 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…

Issues surrounding mental illness are especially prevalent in college students according to the 2015 National College Health Assessment. Figure from the National Alliance on Mental Illness.

- 50% of students fail to seek help
- 40% of students reported that they had problems with school work due to a mental health issue
- 80% feel overwhelmed by their responsibilities as a student
- 50% of students rated their mental health below average or poor
- 50% have struggled greatly from anxiety and as a result have struggled in school
- A mere 7% of parents reported that their students suffer from mental health issues in college

Stress and Anxiety ~ Depression ~ Adjustment ~ Substance issues ~ Trauma ~ Grief ~ Roommate conflict ~ Self-harm ~ Anger ~ Establishing independence ~ Eating disorders ~ Loneliness ~ Relationship issues/End of a relationship……..

Issues surrounding mental illness are especially prevalent in college students according to the 2015 National College Health Assessment. Figure from the National Alliance on Mental Illness.
# How to Recognize Distress

<table>
<thead>
<tr>
<th>Cognitive Symptoms</th>
<th>Emotional Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>o Memory Problems</td>
<td>o Moodiness</td>
</tr>
<tr>
<td>o Inability to Concentrate</td>
<td>o Irritability or short temper</td>
</tr>
<tr>
<td>o Poor Judgment</td>
<td>o Agitation, inability to relax</td>
</tr>
<tr>
<td>o Seeing only the negative</td>
<td>o Feeling overwhelmed</td>
</tr>
<tr>
<td>o Anxious or racing thoughts</td>
<td>o Sense of loneliness and isolation</td>
</tr>
<tr>
<td>o Constant Worrying</td>
<td>o Depression or unhappiness</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Symptoms</th>
<th>Behavioral Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>o Aches and pains</td>
<td>o Eating more or less</td>
</tr>
<tr>
<td>o Diarrhea or constipation</td>
<td>o Sleeping too much or too little</td>
</tr>
<tr>
<td>o Nausea, dizziness</td>
<td>o Isolating yourself from others</td>
</tr>
<tr>
<td>o Chest pain, rapid heartbeat</td>
<td>o Procrastinating or neglecting responsibilities</td>
</tr>
<tr>
<td>o Loss of sex drive</td>
<td>o Using alcohol, cigarettes or drugs to relax</td>
</tr>
<tr>
<td>o Frequent colds</td>
<td>o Nervous habits (e.g. nail biting, pacing)</td>
</tr>
</tbody>
</table>
Concerned about your 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/
CCSD Information

(252) 328-6661; M-F 8am – 5pm
(select “2” for after hours support)

facebook.com/ECUCounselingCenter
twitter.com/ecucounseling
instagram.com/ecu_ccsd
YouTube: ECU CCSD
Questions????