

WELCOME

The Manhattan College Counseling Center is committed to promoting the emotional and psychological health and wellness of our students in a welcoming, safe and confidential environment. Our staff values the diversity of the Manhattan College community and is dedicated to acceptance, inclusion and understanding of each student as a unique individual.

WHAT IS COUNSELING & THERAPY?

Counseling is a professional relationship with an objective focus on personal concerns. Therapists are skilled listeners who help individuals clarify issues and cope more effectively with stress and psychological concerns. Therapy is a collaborative effort between the therapist and an active and motivated participant in order to gain awareness into thoughts, feelings and behaviors, process experiences and understand personal concerns.

HOW CAN THE COUNSELING CENTER HELP ME?

The Counseling Center offers a wide range of services to Manhattan College students including psychotherapy for individuals and groups, crisis intervention, substance abuse screenings, consultation, psychological education and referrals.

The Counseling Center clinicians are licensed psychologists, social workers and mental health counselors from different cultural and theoretical backgrounds. They guide students through the therapeutic process to increase awareness and develop healthy coping strategies around issues such as:

- **Psychological Issues** – depression, anxiety, suicidality, eating disorders, addiction and substance abuse
- **Personal Concerns** – academic difficulties, cultural and identity issues, gender, sexual orientation, self - esteem, family problems, stress management, concerns about friends
- **Interpersonal Issues** – communication skills, dating and relationships, conflict management & resolution
- **Crisis Intervention** – acute stress, sexual assault, death of a family member or friend

SCHEDULING AN APPOINTMENT

Students can schedule an appointment:

- By Phone at (718) 862-7394
- In Person – our office is located in Miguel Hall Room 501

In Case of Emergency when the Counseling Center is Closed, please call:

- Public Safety (718) 862-7333
- Residence Life
(Area Coordinators, RDs & RAs)
- Dial 911

WHAT TO EXPECT

When you arrive at the Counseling Center, you will be asked to complete a confidential electronic intake. The information you provide will assist us in getting to know you and understand your concerns.

The focus of the initial appointment is to understand how your functioning is being impacted and to consider a plan of action for your individual wellness. Working together we will assess your needs and recommend the most appropriate level of services. The initial appointment also provides support and response to student concerns, ensuring that any emergency needs or elevated mental health risk receive immediate attention.

CONFIDENTIALITY

The Manhattan College Counseling Center takes students' privacy very seriously and maintains a strict policy on confidentiality. All student information and communication is private and confidential. No other college offices or departments have access to Counseling Center records. Staff members, however, may disclose information deemed necessary in cases of harm to self or others, evidence of child abuse, or upon court order.

WHAT IF I AM CONCERNED ABOUT A FRIEND?

College can be both an exciting and overwhelming experience, and friends are usually the first people students seek for support. Helping a friend through a tough time can be difficult and sometimes feel like more than you can handle on your own. Pay attention to warning signs such as:

- sleep disturbance
- excessive sadness and frequent crying
- changes in appetite
- extreme mood changes
- loss of interest in activities
- increased nervousness
- avoidance of friends, classes and social events
- hopelessness / worthlessness
- issues focusing
- excessive use of alcohol or drugs
- high risk taking behaviors
- seeing or hearing things that are not real
- thinking or talking about death / dying or harm to self or others.

If you are concerned about a friend you can listen, be supportive and encourage them to seek professional help. You can give a friend our phone number, sit with them while they make the call or walk them into our office. If you are unsure about what to do, our staff is available to help.

ON CAMPUS RESOURCES

Counseling Center | (718) 862-7394
Health Services | (718) 862-7217
Public Safety | (718) 862-7240 / (718) 862-7333 (24/7)
Specialized Resource Center | (718) 862-7409
Campus Ministry & Social Action | (718) 862-7583
Residence Life | (718) 862-7438
International Student & Scholar Services | (718) 862-7213
Multicultural Center | (718) 862-8112
Fitness Center | (718) 862-8110
Center for Career Development | (718) 862-7224

OFF CAMPUS RESOURCES

NYC Well 24/7 Crisis Services & Mental Health
(888) 692-9355 or Text "Well" to 65173 |
nycwell.cityofnewyork.us

National Suicide Prevention Lifeline
(800) 273-8255 | suicidepreventionlifeline.org

City MD Urgent Care | (718) 303-0479

Depression & Bipolar Support Alliance
(800) 826-3632 | dbsalliance.org

The Trevor Project | 24/7 Crisis Intervention & Suicide Prevention for LGBTQ Youth
(866) 488-7386 | thetrevorproject.org

National Eating Disorders Association Helpline
(800) 931-2237 | nationaleatingdisorders.org

S.A.F.E. Alternatives (800) DONTCUT
(800) 366-8288 | selfinjury.com

Love Is Respect | 24/7 End Dating Abuse
(866) 331-9474 or Text "LOVEIS" to 22522 |
loveisrespect.org

National Sexual Assault Hotline 24/78467369
(800) 656-4673 | rainn.org

New York State Coalition Against Sexual Assault
(800) 942-6906

New York State Reporting Sexual Assault on a NY college campus | (844) 845-7269

National Domestic Violence Hotline
(800) 799-7233 | thehotline.org

Saint Vincent's Hospital Westchester
Mental Health & Chemical Dependence
24/7 Evaluation & Referral | (914) 925-5320

Veterans Crisis Line (800) 273-8255 | veteranscrisisline.net

New York City Young People in AA
nycypaa.org | (212) 647-1680

Narcotics Anonymous | na.org

SAMHSA National Drug Treatment Referral Helpline
(800) 662-4357 | samhsa.gov

Al-anon | Al-anon.org
Support for Friends & Families of Problem Drinkers

New York State HOPE line (877) 846-7369
Heroin, Alcohol, Prescription Drugs

New York State HIV Counseling Hotline (800) 872-2777

American Sexual Health Association
STD Hotline | (919) 361-8488

Callen Lorde Community Health Center
Primary Care, Sexual Health, Mental Health
callen-lorde.org | (212) 271-7200



MANHATTAN COLLEGE COUNSELING CENTER

A Division of Student Life



MIGUEL HALL, ROOM 501
4513 MANHATTAN COLLEGE PARKWAY
RIVERDALE, NEW YORK 10471
(718) 862-7394

inside.manhattan.edu/student-life/counseling-center

*Instagram: @MC_CounselingCenter_
Facebook: Manhattan College Counseling Center*