

HOURS AND APPOINTMENTS

Monday - Friday 8 am - 5 pm

Request an appointment at

<https://titanium.cei.edu>

DROP IN HOURS

Monday - Friday 12 pm - 1 pm

Drop In Hours are 20 minute check in appointments to deal with more pressing issues in a timely manner.

DURING SCHOOL HOURS

Counseling Center

Building 3 ROOM 335 208.535.5622

Center for New Directions

Building 5 ROOM 591 208.535.5363

Student Affairs

Building 5 Room 311 208.524.3000

AFTER SCHOOL HOURS:

Behavioral Health Crisis Center

Open 24/7

208-522-0727 1650 N. Holmes Idaho Falls

National Suicide Prevention Lifeline

1-800-273-TALK (8255)



COUNSELING CENTER

Building 3 ROOM 335 208.535.5622

CENTER FOR NEW DIRECTIONS

Building 5 ROOM 591 208.535.5363

STUDENT AFFAIRS

Building 5 Room 311 208.524.3000

Our wounds are often the opening into
the best and most beautiful part of us.

- David Richo



**HELPING
STUDENTS WITH
MENTAL HEALTH
CONCERNS**

**The Counseling Center at
College of Eastern Idaho**



OUR MISSION

To provide open-access to affordable, quality education that meets the needs of students, regional employers, and community.

STUDENT-CENTERED

CEI faculty and staff throughout the college are committed to students and their success. The counseling center wants to foster emotionally healthy students by providing therapeutic services. We recognize support areas are critical to our students' academic and emotional success. The Counseling Center will always strive to collaborate with various departments on campus to help each student succeed.

COUNSELING FOR STUDENTS

Brief individual counseling for registered students—maximum of 12 sessions per academic school year

Referrals to community therapists for longer term counseling

COUNSELING SERVICES

Professional counselors are available to help students work through a wide variety of issues that they might be facing during their college experience.

SERVICES INCLUDE:

- Confidential personal counseling.
- Workshops and presentations to classes and groups.
- Consultation with faculty and staff.

THE FIRST VISIT

When contacting Counseling Services for the first time, students can generally be seen the same day or within a week of making their appointment.

- Provide information about what to expect from the counseling process
- Discuss the student's presenting issues and concerns
- Develop a plan for treatment including referral to a counselor either on or off campus who best meets the student's needs



CONFIDENTIAL, PROFESSIONAL AND ACCESSIBLE

Counseling Services incorporates a brief therapeutic model with an emphasis on developmental counseling directed at helping students succeed in the university environment. When specialized, more intensive, and/or longer term services are needed, we can assist in making referrals to off-campus professionals.

COMMON ISSUES:

- Stress
- Anxiety
- Depression
- Relationships
- Alcohol/Drugs
- Family Concerns
- Sexual Assault
- Major/Career
- Self-Esteem
- Body Image
- Grades
- Grief