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)

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