### **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:** 

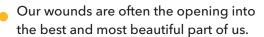
**Behavioral Health Crisis Center** 

Open 24/7

208-522-0727 1650 N. Holmes Idaho Falls

**National Suicide Prevention Lifeline** 

1-800-273-TALK (8255)



- David Richo



### **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



# 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

Sexual Assault

Anxiety

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