

IS COUNSELING RIGHT FOR YOU?

What matters to you, matters to us.

We encourage you to come in and talk with us even if you are uncertain whether you need counseling.

Small problems have the potential to turn into bigger problems if they are not addressed.

Maybe you're just having difficulties and unable to identify exactly what the problem is. A counselor can collaboratively work with you to help you learn new ways of looking at the situation, help you acquire skills for coping, and may connect you with any resources that may be appropriate.



COUNSELING STAFF

As licensed mental health practitioners, we are dedicated to helping you cope with the many challenges you face as a college student. With graduate degrees and many years of experience, we are prepared and eager to lend you a hand.

Krystal Smith, LMHC, CASAC
Michelle Burdick, LCSW



COUNSELING CENTER HOURS

Monday-Friday 8:30a.m.–4:30p.m.
Call us to make an appointment.

UTICA CAMPUS: 315-792-5326

ROME CAMPUS: 315-792-5326

You may also stop by the Alumni College Center room 104 in Utica, or Plumley Complex room 102 in Rome.



**IN CASE OF EMERGENCY, PLEASE
CONTACT PUBLIC SAFETY:**

Utica Campus: 315-735-5777

Rome Campus: 315-334-3559



HERE FOR YOU

Life is full of twists and turns and some days are just hard. Our compassionate counselors are here to listen and support you on your path to personal growth and well-being.

What matters to you, matters to us. Our confidential and free services offer a safe haven to explore your challenges, gain clarity, and develop strategies to handle whatever life may throw at you.

WELCOME TO MVCC COUNSELING SERVICES

Attending college can present significant challenges for every student. The MVCC Counseling staff are professionally trained, licensed practitioners and are available to help with the many personal, academic, mental health, and career-related challenges you may face.

Counseling is a collaborative effort between you and the counselor to help address the problems that are causing concerns in your life. They are vigilant about maintaining strict standards of confidentiality and are able to facilitate referrals to appropriate community agencies when necessary.

These services are free to MVCC students and available on both the Utica and Rome campuses.

REASONS TO SEEK COUNSELING

- Adjusting to college
- Academic concerns
- Substance abuse
- Coping with crises
- Family or other relationship problems
- Coping with grief and loss
- Managing stress
- Depression
- Anxiety
- Domestic violence or sexual assault
- Addictions
- Anger management
- Sexual concerns
- Procrastination or other self-defeating behaviors
- Issues with eating behavior and/or body image

ON YOUR TEAM.

WHAT TO EXPECT

Any student can make an appointment to meet with a counselor about their concerns.

To schedule an appointment, contact the Health and Wellness Center. Appointments can be done via telehealth or in person. **All services are confidential and free.**

At your initial appointment, you will fill out intake paperwork including release form(s). You will then meet with a counselor for about an hour to discuss concerns/problems that caused you to seek counseling. Further counseling appointments will depend on individual needs and available resources.

Counseling is short term; MVCC offers six to eight sessions with some exceptions that can be discussed to determine if additional sessions are needed. Students who need more frequent or longer-term counseling may be referred to off-campus resources when appropriate.

