

*Some of the Services Offered by
Counseling Services:*

Help with:

Depression
Anxiety
Homesickness
Relationship problems
Body-image/eating concerns
Managing stress
Anger
Shyness
Loneliness
Sexuality issues
Building self-esteem
Personal choices
Personal changes

Help Overcoming:

Procrastination
Test anxiety
Sleep problems
Perfectionism
Being hurt

Help for:

Survivors of physical/sexual assault
Adult children of alcoholics
Living with loss
Alcohol/substance abuse

*Counseling Services
Office Staff*

Monica Romeo, LMHC

Director

Licensed Mental Health Counselor

Bernadette Peters, Ph.D.

Assistant Director

Licensed Psychologist

Kathy Palazzo

Office Coordinator

Licensed Psychiatric Nurse Practitioner

Staff Counselor

Graduate Counselor Interns

Faculty Liaisons

Timothy Osberg, Ph.D.

Professor of Psychology

Licensed Psychologist

Morgan Caitlin Brooks, Ph.D.

LMHC, NCC

Associate Professor of Education

Counseling Services

286.8536

Lower level Seton Hall

Niagara County

Crisis/Suicide Hotline

285.3515



*Counseling
Services*

NIAGARA
UNIVERSITY

Welcome to Counseling Services

The college years mark an important period of personal, academic, spiritual and psychological growth that can become stressful at various times. Along with academic responsibilities, there are other life issues, concerns and decisions confronting students, such as developing greater independence, establishing a sense of identity, developing relationships, clarifying a personal value system, and planning a career. Although facing these concerns can sometimes feel overwhelming, it can also provide important opportunities for growth. When dealing with these issues, many students benefit from counseling as a source of support, to learn new, more effective ways of coping, to help clarify their thoughts and feelings, and to make decisions in important areas of their lives. The Office of Counseling Services staff is dedicated to providing confidential mental health counseling to help students work through and overcome obstacles that may be hindering their ability to reach their full potential, so that they may achieve greater personal, academic and professional success.

Services are free to all students (fees may apply for missed appointments).



Like us on Facebook:
Niagara University
Counseling Services

About Counseling Services

Counseling Services is committed to providing comprehensive, quality mental health services to students who may be dealing with everyday life stressors, as well as more difficult problems or circumstances. Services offered include:

- Individual and group counseling
- Mental health intervention
- Substance use assessment
- Medication evaluation through a psychiatric nurse practitioner
- Support groups
- Workshops
- Consultation
- Referral
- Test administration:
 - NYSTCE (New York State Teacher Certification Examination)
 - MAT (Miller Analogy Test)
 - GRE (Graduate Record Examination)
- QPR training (suicide prevention)
- Crisis intervention training

To Make an Appointment

Appointments can be made by calling 286.8536 (Ext. 8536) or stopping by the office from Monday to Friday, 9 a.m.–5 p.m. Counseling Services is located in the lower level of Seton Hall.

After-Hours Crisis Consultation

For on-campus emergencies that occur after hours and on weekends, Counseling Services staff is available for consultation by contacting Campus Safety at 286.8111 (Ext. 8111). Students may also directly contact Niagara County Crisis Services at 285.3515.

The First Visit

During the first appointment, a counselor will meet with the student to talk about his/her concerns and to develop an appropriate plan for treatment. Most counseling sessions are generally 45 to 50 minutes long, and the total number of sessions will be determined by the student and the counselor, based on the student's needs.

Confidentiality

As required by both laws and ethics of professional practice, conversations that are held between counselor and student are confidential. Information may not be released to any party, including parents, faculty, administration, or staff, without the student's written consent, except in the rare case of potential danger to self or others, or if court ordered by a judge.

Final Note

We would like students to consider counseling as an opportunity to explore and share whatever is important to them at this time. It is an open time to talk about any situation, question or difficulty that may be occurring in that person's life. We feel that whatever the student is concerned about needs to be listened to.

We hope that we can work together to promote the success and personal development of all Niagara University students. Your understanding and support of our services are important to this process.

*For more information, visit:
www.niagara.edu/counseling*