

MENTAL HEALTH EMERGENCY NUMBERS

- Niagara University Counseling Services – 716.286.8536
- Niagara University Campus Safety – 716.286.8111
- Niagara County Crisis Services – 716.285.3515
- Erie County Crisis Services – 716.834.3131
- Suicide Prevention Hotline – 1.800.273.8255
- Niagara County Rape Crisis Services – 716.285.3518
- Domestic Violence Hotline – 1.800.799.7233
- LGBTQIA National Hotline – 1.888.843.4564



INTRODUCING TAO CONNECT (THERAPY ASSISTANCE ONLINE)

As a Niagara University student (at least 18 years of age) you have access to free online and mobile self-help tools that fits around your busy life and fosters coping with general life stressors. TAO Connect is completely self-directed, with no contact with a mental health professional. Sign up today using your Niagara.edu email at <https://ustaoconnect.org/register>.



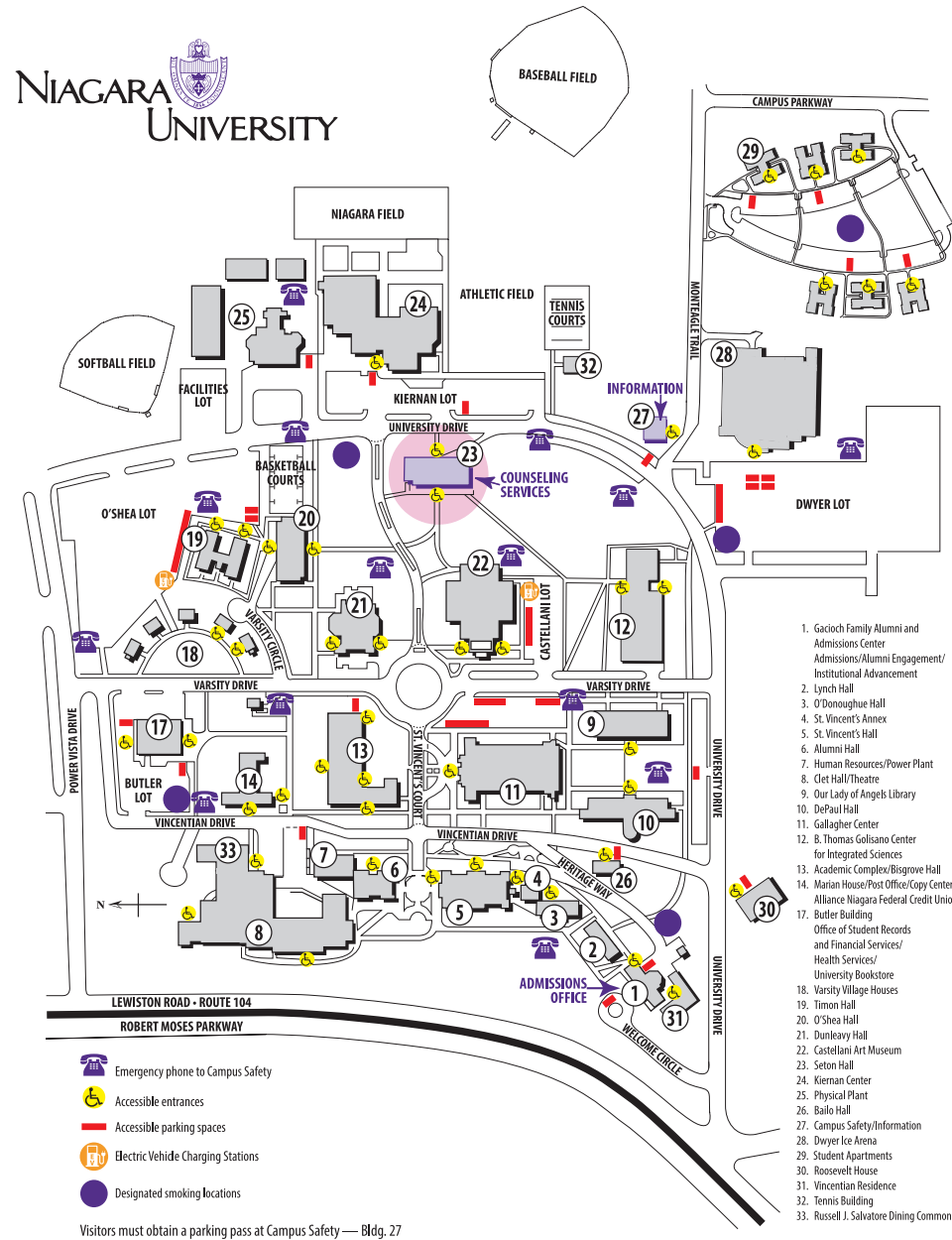
If you have additional questions or would like to talk with someone regarding your concerns, please contact NU Counseling Services at 716.286.8536.

FOLLOW US ON TWITTER FOR WELLNESS TIPS



NU Counseling Services

For additional information, please visit our website at:
www.niagara.edu/counseling-services



NIAGARA UNIVERSITY Counseling Services

DIVISION OF STUDENT LIFE



MISSION

Counseling Services is dedicated to providing confidential mental health counseling to help current enrolled Niagara University students work through and overcome obstacles that may be hindering their ability to reach their full potential.

We offer a holistic, strength-based perspective that recognizes and respects the dignity of all persons within a safe, supportive, non-judgmental environment. We strive to be aware of and advocate for social justice. Counseling Services is committed to being knowledgeable and sensitive regarding issues of gender, race, ethnicity, national origin, sexual orientation, religion and ability.

SCOPE OF PRACTICE

Students whose needs require specialized care or fall outside of our scope of practice will be referred to community resources for treatment.

Counseling Services does not provide any mandated services or where litigation is involved. Additionally, we do not offer evaluation-only services or psychological testing services, including testing for ADHD or learning disabilities. We are not able to provide documentation for emotional support animals.

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 challenging concerns or circumstances. Counseling services are provided by licensed mental health professionals. Services offered include:

- Short-term, goal-oriented and person-centered individual counseling
- Outreach/workshops
- Consultation
- Referral

Counseling sessions are usually 45 minutes long and scheduled bi-weekly. The total number of sessions will be based on the student's need and availability of counseling resources.

HOURS OF SERVICE

Fall and Spring Hours

Counseling Services is open Monday – Friday 8:30 a.m.–Noon and 1–4:30 p.m. for appointments.

We are closed from June 15 through August 15.

TO MAKE AN APPOINTMENT

- Call 716.286.8536 (ext. 8536 on campus)
- Come to the office

Counseling Services is located in the lower level of Seton Hall.

ELIGIBILITY

Counseling services are confidential and free to all current NU students.

AFTER HOURS/CRISIS

- Contact your community advisor (CA), or residence director (RD)
- Contact Campus Safety at ext. 8111 or 716.286.8111
- Contact Niagara County Crisis Services at 716.285.3515
- Contact 911

UNDERSTANDING THE COUNSELING PROCESS

Many students utilize counselors to discuss everyday concerns, stressors in their lives.

- Counseling is a “conversation with a purpose”
- Counseling is not “advice giving”. You are the expert on you, not the counselor
- The counselor strives to meet you where you are. To see the world through your eyes
- Counseling is about helping you:
 1. learn about yourself (insight, understanding),

2. become more self-aware (self-talk, environment),
3. use what you learn to make real and significant changes in yourself and your life (adapted from: www.touro.com),
4. to help explore feelings and solve concerns with the support of an objective listener, and
5. develop decision making and coping skills needed to meet the challenges of living and learning.

CONFIDENTIALITY

Counseling services is confidential and information cannot be released to anyone without the student's written consent except in the case of potential danger to self or others, or if court ordered by a judge. Counseling records are separate from educational records.

COMMON REASONS STUDENTS SEEK SUPPORT

- Depression/low mood
- Anxiety/worry
- Thoughts of suicide
- Self-harming behaviors
- Homesickness
- Relationship concerns
- Body-image/eating concerns
- Managing stress
- Transitioning to college
- Academic concerns
- Anger management
- Social anxiety
- Loneliness or isolation
- Building self-compassion/acceptance
- Personal choices
- Test anxiety
- Sleep disturbances
- Perfectionism
- Survivors of physical/sexual abuse
- Substance concerns
- Living with loss
- Sexuality and gender identity
- Experience of discrimination or prejudice
- Cultural concerns
- Career concerns
- Procrastination

