

Counseling Services Access Plan 2021-2022

Counseling services will adhere to the safeguards, as required by state, federal and College/Academy guidelines during the COVID-19 pandemic. The goal of these protocols is to ensure the continuance of counseling services while maintaining safe and protective practices for students and staff.

Counseling appointments will be scheduled through a virtual platform.

To Schedule a Counseling Appointment:

Please follow the steps below:

1. Go to the Wellness Center webpage: [simons-rock.edu > student life > living on campus > The Wellness Center](https://simons-rock.edu/student-life/living-on-campus/the-wellness-center).
2. Click on the link provided for the **Counseling Request Form**.
3. Complete and submit the form online.
4. You will be emailed an intake appointment time from Counseling Services that matches with the schedule provided. The link to connect to the virtual platform will be provided in the appointment email.

To Access Counseling Services for a Crisis or Urgent Situation:

If you are experiencing a crisis or urgent situation related to your mental health, please follow the steps below:

1. Connect with a Community Director or Campus Safety.
2. For Campus Safety, you can go directly to the Campus Safety offices on the ground floor of the Student Union or call 413-528-7291 or dial 0 from any campus phone.
3. The Community Director and/or Campus Safety will speak with you about your concerns and then connect you to the appropriate resource.