

Counseling Services Access Plan 2022-2023

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 in the Wellness Center.

As such, your intake (first) appointment will be scheduled through a virtual platform and during the COVID-19 pandemic subsequent counseling sessions 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.
2. Click on the link provided for the **Counseling Request Form**.
3. Complete and submit the form online.
4. You will be emailed an appointment time from Counseling Services that matches with the schedule provided. The specifics of connecting to the virtual platform for the first session will be clarified in the email.

To Access Counseling Services for a Crisis or Urgent Situation:

To protect the health and safety of students and staff, students will not be able to walk-in to the Wellness Center to speak with a counselor without prior clearance from Wellness, even during open hours.

As such, 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 CD and/or a Campus Safety officer will speak with you about your concerns and then connect you to the appropriate resource, which may include a phone conversation with a counselor from the Wellness Center.