SERVICES AVAILABLE

Until further notice, due to COVID-19, all clinical services except for crisis visits are administered via teletherapy.

Teletherapy primarily consists of video conferencing sessions through a secure, HIPAA-compliant platform, Therapist Assisted Online (TAO). Teletherapy sessions utilize Zoom through TAO.

For more information on teletherapy, please visit our In An Emergency page on the Counseling Services website.



Initial Assessment:
Most new clients begin with an assessment of factors like mental status, risk, health history and the likelihood of successful therapeutic outcomes in a brief healthcare setting. This information gathering session allows the Assessment and Triage Counselor the ability to determine the most appropriate level of care



Provider-Enrolled Counselor Assist Online (TAO):
Online self-guided support for anxiety, depression and interpersonal well-being.



Life Skills Coaching:
1-5 sessions focused on skill development.



Social Services:
Social services include case management, food and housing assistance, insurance assistance, and assistance with community care options.



Individual Counseling:
One-on-one appointments for counseling are offered in talk and art-based modalities. Students will attend biweekly appointments in a brief format focused on SMART goals that are co-developed with the Counseling Provider to address targeted presenting concerns.



Group Counseling:
A group format is often the most beneficial option for many student concerns. This usually involves 4-10 clients and two group co-facilitators. Most groups meet every week at the same time for 1.5 hours.



Off-Campus Referrals:
We are an acute-care operation that does not offer specialist services. If your presenting concerns warrant the care of a specialist, we will recommend care in the community and support you in establishing your first appointment. The cost of such off-campus healthcare is not included in student fees.

FAQS

1 How do I know if I need counseling?
People seek counseling for a wide-range of problems that limit psychological, social and emotional functioning (e.g., trauma, depression, anxiety, relational health, difficult decision - making and psychological aspects of medical conditions). If you are not sure you need counseling but think it might help, give us a call!

2 Who can use Counseling Services?
Services are available to all SIUE students currently enrolled in a minimum of three credit hours who have paid tuition and student fees.

3 What about confidentiality?
Counseling services are confidential. We will not give any information to anyone without your written consent, including your parents, your insurance and other departments in the university. We keep records for seven years and then they are destroyed. The limits of confidentiality include child or elder abuse or neglect, court orders to release information, or situations where we believe the client is a danger to self or others. SIUE Counseling and Health Services share an electronic medical records (EMR) system, granting access to client documentation from both entities, meaning SIUE Health Services staff has access to a client's counseling documentation.

4 How much does counseling cost?
Beginning in Fall 2020 Counseling Services will be charging visit, service, and no-show fees. Please call our office or visit our website for more specific details.

5 Who will provide my counseling?
Our counseling providers have completed a minimum of a 60-hour master's degree in a license-eligible discipline (e.g., clinical mental health counseling, clinical social work, art therapy counseling, clinical or counseling psychology). We also have Master's level interns that provide counseling.

ACCESSING CARE



To access care at SIUE Counseling Services, there are two separate pathways to begin services.



Primary Pathway - Initial Assessment (IA)
If you are interested in individual counseling or want to explore your treatment options, you should schedule an initial assessment appointment.



Secondary Pathway
If you are only interested in joining a specific group or completing a psychological assessment (i.e. for accomodation or advocacy purposes), you should specifically request a group screening appointment with the group leader or a psychological assessment appointment.

Call us at 618-650-2842 between 8 a.m. - 4:30 p.m. with your questions, or to schedule an appointment

CRISIS SERVICES

- SIUE Counseling Services offer crisis services Monday - Friday from 8 a.m. - 12 p.m. and 1 - 4:30 p.m. for students who present to our office in crisis or are experiencing a behavioral emergency.
- A crisis occurs when existing coping strategies have been exhausted in an attempt to self-regulate. Crises escalate to behavioral emergencies when immediate intervention is warranted to avoid injury or death.
- If you are experiencing a crisis or behavioral emergency after-hours we encourage you to do the following:
  - In an emergency situation (risk of harm to self or others) contact 911.
  - If you can keep yourself safe but need to speak to someone immediately, contact a crisis hotline.

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

CRISIS TEXT LINE |
Text "HOME" to 741741

TAO
Therapy Assistance Online

TAO is an interactive, dynamic, easy-to-access online program that provides self-guided support and skill-building for anxiety, depression and other common concerns.

TAO is free to all enrolled students!

You can create an account without interacting with the Counseling Services staff.

1. To access TAO, visit thepath.taoconnect.org
2. Click "Sign Up in TAO Self-Help" and create an account
3. Start using TAO

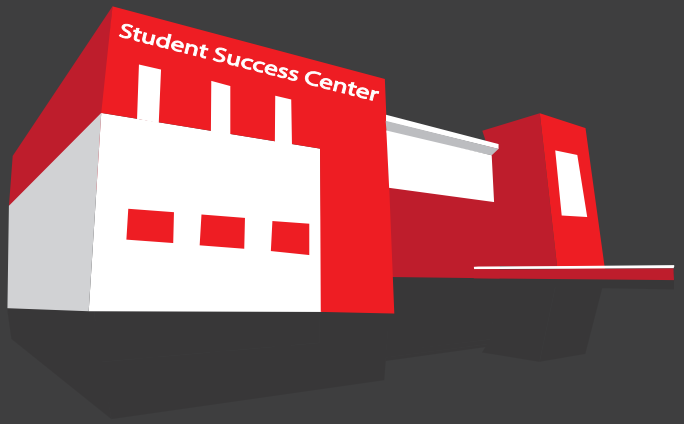
CAMPUS OUTREACH

If you would like Counseling Services to present on a topic, provide materials or conduct an interview, please submit an online request at least three weeks in advance by visiting the following link:

siue.edu/counseling/contact/

Please provide your contact information, including an overview of the information you want provided and the type of outreach you are requesting. Specify the day/time the outreach is needed and any other relevant information. Your request will be reviewed by the Coordinator for Outreach and Prevention Initiatives and then you will be contacted.

COUNSELING SERVICES



Phone: 618-650-2842
siue.edu/counseling
Fax: 618-650-5839

Hours: 8 a.m. - 4:30 p.m. Monday - Friday
Student Success Center, Suite 0222

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE