



Mental Health & Wellness at Adelphi

Adelphi University Student Counseling Center

ADELPHI
UNIVERSITY
NEW YORK

Transitioning to College - Caregiver Concerns...

- Less face time
- Increased workload
- No longer 'in the know'
- Lack of info access
- Increased stressors
- New environment
- Navigating new supports independently



Transitioning to College - Student Concerns...

- New environment
- New expectations
- Organizational tasks
- Independence
- Social inclusion
- Routine
- Self-advocacy
- Navigating a college campus
- ...?



Student Counseling Center

Fall Location: Nexus Building, 1st Floor
(*inside Learning Center*)

Academic Year Hours: 8:30-7pm Monday - Thursday,
8:30am - 4:30pm - Friday

Summer & School Break Hours : 8:30am - 4:30pm



The Student Counseling Center offers **free** and **confidential** high quality **individual** and **group** counseling services to students who may be experiencing psychological, behavioral or learning difficulties as well as drug and alcohol education and counseling from licensed counselors. SCC also offers campus wide **outreach**, training and **education** around mental health and **well-being**.

Student Counseling Center Services

- **Individual Counseling**
 - Behavioral Specialist per diem*
- Relationship Counseling
- Alcohol & Drug Counseling
- **Psychiatry**
- Off campus referrals
- Campus consultations & outreach



- Research & Assessment
- QPR - suicide bystander training
- **Mental Health & Wellness training**
- **LGBTQ+** First Year Experience

Please encourage your student to reach out to the Counseling Center if **the student is having ...**

- **Issues** with self esteem
- Depression
- Anxiety, confusion or stress
- Loneliness
- Difficulty relaxing
- **Problems** with alcohol or drugs
- Relationship issues or abuse
- Family **challenges**
- Friend or roommate issues
- **Struggling** with identity
- Major life changes
- Pregnancy that is **unplanned** or STI/STD's
- **Difficulty** making or keeping friends
- **Worrying** about a friend
- **Trouble** concentrating, studying or attending classes
- Difficulty adjusting to college life
- Sleeping habits **change**
- **Concerning** weight loss or gain
- Difficulty in making decisions
- Future **uncertainty**
- **Trauma** from assault
- self-injury
- suicidal thoughts

Accessing Counseling Center Services



62% of college students report feelings of overwhelming anxiety at some point during their college career.

Accessing Counseling Services

- **Student** contacts SCC →
- **Triage** →
- **Consent** for release of prior counseling information →
- **Intake** →
- **Schedule** appt
 - We will need your students schedule
- **Must attend scheduled appointments**
 - Alarms & calendars are great for this!
 - Students must be requesting the service and actively participatory



We keep it confidential.



- Student Counseling Center
- Interfaith Center
- Health Services Center

Proactive Planning for Mental Health

- **Have a plan for mental health support.**
 - Who are your students supports?
 - Where will they go?
 - What are their coping skills?
- **Ensure your student knows:**
 - Support staff on campus (Bridges, RA, PALs, CAs, Mentors, etc.)
 - Supportive spaces - sensory room, lounge, counseling center, library, etc...

What if I or someone I know is in CRISIS?

- **Counseling center staff available**
 - 8:30am - 7:00pm, Mon- Thursday;
 - 8:30am-4:00pm Friday
 - Nexus Building, First Floor, Learning Center
 - walk in or call : 516.877.3646
- **After hours** → Public Safety & Health Services
- **Public Safety: 516-877-3500 or dial '5'** from any on-campus phone
- 50+ call boxes on campus

Proactive Planning for Mental Health

- **Public Safety in your & student phone! (24/7)**
 - **516-877-3511**
 - Dial “5” from any campus phone
 - Call boxes
- **Utilize text & chat hotlines:**
 - [Crisis Text Line](#) (24/7)
 - Text “START” to 741741 to get in touch with a trained crisis counselor
 - [Long Island Crisis Center](#)
 - 516.679-1111
 - Free, anonymous, confidential, 24/7

Welcome Panther Parents for the class 2023!



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