



Counseling and Mental Health *Services*

Inside

- *Quick reference on where to find help*
- *On-campus and local mental health services*
- *Student behavior expectations*
- *Tips for students with histories of mental health concerns*

CMU faculty and staff support all students in their transition to college.

Quick reference on where to find help

Family and friends often can offer support and assistance in finding help. In addition:

On-campus residents

Talk with your Resident Assistant, Multicultural Advisor, Residence Hall Director, a Counselor in Residence, a counselor in the Counseling Center at 989-774-3381, or Listening Ear, which is available 24/7 at 989-772-2918.

Off-campus residents

Contact the Counseling Center at 989-774-3381 or Listening Ear, which is available 24/7 at 989-772-2918.

Suicide Prevention Lifeline

Contact the National Suicide Prevention Lifeline – a national 24-hour, toll-free suicide prevention service – in cases of suicidal crisis. Individuals seeking help can dial 800-273-TALK (8255). They will be routed to the closest possible provider of mental health and suicide prevention services. The NSPL website is **suicidepreventionlifeline.org**.

More information and other people or agencies to contact for assistance may be found on the Counseling Center's website:

www.counsel.cmich.edu

Listening Ear provides a 24-hour crisis line at 989-772-2918. The website is **www.listeninggear.com**.

Challenged by college life? You are not alone.

Central Michigan University's primary mission is to provide a quality education for its students. This includes a commitment to assist students in adjusting to college life and reaching their full personal and academic potential.

The university provides limited support services to assist students with emotional and psychological issues or relapses of previous mental health conditions that may be brought on by the transition to college.

It is not uncommon for students to have past or current experiences with depression, anxiety, bipolar disorder, borderline personality disorder, addiction, substance abuse, eating concerns and other mental health concerns. In addition, some students struggle as a result of past or current physical, emotional or sexual trauma, and others have difficulty coping with relationship issues.

If you have a history of mental health concerns or currently are taking a psychotropic medication, you may find comfort in knowing that you're not alone. Many students have received psychological and psychiatric assistance while growing up; others have experienced their first psychological or psychiatric challenges while in college. Some students require ongoing treatment for chronic conditions.

Comprehensive counseling services, the advancement of psychotropic medications, and the implementation of the Americans with Disabilities Act have provided unprecedented opportunities for individuals with mental health concerns to attend college and successfully complete a college education.

The faculty and staff at CMU care about their students and wish to support all students in their transition to college. Among other things, this brochure:

- Provides **realistic expectations** about the availability and limitations of campus-based mental health resources
- Identifies the **behavior expectations** for all students
- Provides **recommendations** that may help ease the transition to college for students with mental health concerns

On-campus services

Counseling Center

102 Foust Hall
989-774-3381

www.counsel.cmich.edu

Mental health professionals and some graduate student trainees staff the Counseling Center. The center provides free and confidential counseling services for currently enrolled CMU students for various issues and concerns that may negatively impact their academic success, interpersonal relationships, health or safety. Services include short-term/time-limited individual and group counseling, consultation and referral for:

- **Personal issues.** Dealing with personal issues such as an urgent situation or crisis, anxiety, depression, loneliness, transition to college concerns, identity, alcohol/drug abuse, eating concerns, stress management, relationship concerns, family stress, loss, relapse prevention, sexual orientation, strengthening coping skills, and personal growth and development
- **Academic success.** Improving academic success by reducing stress and focused anxiety (e.g., test, math, speech) and learning time management skills
- **Survivor support.** Assisting primary and secondary survivors of sexual and domestic violence, stalking, and harassment

Most counseling services are free. Community referral information is available at the Counseling Center and at the website.

Counselors in Residence

www.reslife.cmich.edu

East Area Student Success Center

989-774-1879

North Area Student Success Center

989-774-3947

South Area Student Success Center

989-774-3089

Towers Student Success Center

989-774-6601

Sponsored by the Office of Residence Life, the Counselors in Residence program places licensed mental health professionals directly in the residence halls. Their mission is to provide staff consultation, support, crisis intervention and proactive prevention efforts addressing mental health issues, and to act as a bridge to partner offices supporting the personal growth and academic progress of students. Services are free.

CMU CARES

CARE Team Coordinator

290 Ronan Hall

989-774-2273

<https://www.cmich.edu/ess/studentaffairs/CMUCares/Pages/default.aspx>

If you are concerned about the wellbeing of a student or other member of the CMU Community and want some ideas on how to provide support and assistance, on campus resources are available. The CMU Cares website, CARE Team Coordinator and CARE Team are there to help. See the CMU CARES website for information on how to help a person you are concerned about or contact the CARE Team Coordinator.

Human Development Clinic

321 Education and Human
Services Building
989-774-3532

www.cmich.edu/colleges/ehs/unit/hdc/

Graduate students in the counselor education program provide counseling services to CMU students and community residents of all ages. Counselor education students talk with clients concerning academic, social, relationship or personal issues and use various counseling approaches to work with individuals, couples, families and children. Licensed professional counselors supervise these graduate students. Evening hours are available. Services are free for CMU students. A modest fee is charged for others seeking clinical services.

Psychological Training and Consultation Center

Carls Center
Health Professions Building 1101
989-774-3904

www.cmich.edu/colleges/chsbs/Psychology/Centers/psychologyclinic/

The Psychological Training and Consultation Center provides psychological assessment and counseling services to central and northern Michigan residents of all ages. The center offers general clinical psychology services as well as specialized services and research-based programs coordinated by Department of Psychology faculty in areas such as anxiety, trauma, violence reduction, attention disorders, health-related problems, neuropsychology and learning disabilities.

Graduate students in the clinical and school psychology programs staff the center. Faculty members who are licensed psychologists supervise these graduate students. In general, services provided at PTCC are not eligible for insurance reimbursement, and insurance companies are not billed. Charges for services are based on a sliding fee scale.

University Health Services

200 Foust Hall / Troutman 103
Appointments: 989-774-6599
Pharmacy: 989-774-6599

www.healthservices.cmich.edu

University Health Services, staffed by physicians, physician assistants and/or nurse practitioners, provides health care services to CMU students and their spouses. Services are comparable to those offered in a family physician's office, including the diagnosis and treatment of illnesses and injuries, physical examinations, immunizations, and women's health care. An on-site pharmacy and laboratory are available. Orders from outside providers are accepted.

University Health Services is a fee-for-service clinic, but payment is not required on the date of service. They can bill your insurance company, as Health Services participate with many health insurance and prescription drug plans. Courtesy insurance billing is provided. University Health Services also offers an optional student health insurance plan. Please see website for current policy.

On-campus services - continued

Psychiatry

University Health Services does not employ a psychiatrist. However, Psychiatric Services are available at University Health Services through referral from University Health Services Physicians and CMU Counseling Center Counselors. A psychiatric evaluation will determine medical necessity for medication and medication management.

Students will be responsible for the payment of these services. Reimbursement may be available under the student's individual insurance plan. Charges that are not covered under an insurance plan will be the responsibility of the student.

Student Disability Services

120 Park Library
989-774-3018

www.cmich.edu/ess/studentaffairs/SDS/

CMU encourages students with psychiatric disabilities to register with Student Disability Services. A psychiatric disability is defined as a diagnosed mental illness or disorder that may substantially limit a person's ability to function in one or more major life activities. A psychiatric disability may affect a student's capacity to successfully perform academic tasks.

A student who has been evaluated by an appropriate mental health professional and has current disability documentation can register with Student Disability Services. He or she then may be entitled to reasonable accommodations, which may include additional time for tests.

Mount Pleasant services

Community Mental Health

Services for Central Michigan can be reached at 989-772-5938 or www.cmhcm.org.

Other resources

A partial listing of community resources is available at the Counseling Center website www.counsel.cmich.edu

Community resources also are listed in local telephone books. There is no inpatient psychiatric facility in Mount Pleasant, but such facilities are available nearby in Alma and Midland.

Medical emergency

Services are available 24 hours a day at McLaren Central Michigan in Mount Pleasant. Call 989-772-6700, visit <http://www.mclaren.org/centralmichigan/centralmichigan.aspx>, or dial 911 in emergency situations.

Listening Ear help and referral

Listening Ear in Mount Pleasant, www.listeningear.com, provides a 24-hour crisis and referral help line at 989-772-2918.

More Information

Counseling Center
102 Foust Hall
Central Michigan University
Mount Pleasant, MI 48859
989-774-3381
www.counsel.cmich.edu

Behavior expectations for CMU students

CMU holds individuals accountable for their behavior and holds all members of the university community to the same behavior expectations. Individual behavior must conform to community standards of health, safety and noninterference with the living and learning environment of others. Some students may find it difficult to conform to community behavior expectations. Our hope is that awareness of behavior expectations, and obtaining assistance when needed to meet these expectations, will help students reach their academic and social potential.

Behavior that is dangerous to the individual or others and behavior that significantly disturbs the living and/or learning environments of others is not considered acceptable in this community.

Following is part of the CMU Code of Student Rights, Responsibilities and Disciplinary Procedures:

3.2.8 Disruptive Self Injurious Behavior. A student shall not engage or threaten to engage in self-injurious behavior that negatively impacts or is disruptive to the learning/living environment of others.

If university personnel become aware of such behavior, referral to appropriate assistance and/or discipline may follow. The student's emergency contact person(s) also may be notified in certain situations. CMU encourages individuals in need of help to seek assistance. The

university will not tolerate significant negative impact of an individual's behavior on the living and learning environment of others.

This position in no way limits the confidential nature of the physician/patient and mental health professional/client relationship that is defined by law and professional ethics.

Working within the limits defined above, mental health and medical professionals are available on campus when requested to assist students. Often this work involves helping students learn how to comply with community behavior expectations.

Confidentiality. Mental health and medical professionals provide confidential assistance unless required by law or professional ethics to take action to attempt to protect the individual or other(s) from imminent danger or serious or foreseeable harm (e.g., loss of life, child abuse or neglect, physical abuse of a vulnerable adult, threats of killing or harming an identified person, etc.) or when legal requirements demand that confidential information must be revealed. If there is imminent danger or serious or foreseeable harm to the individual or others, professional ethics and legal responsibilities then require mental health and medical professionals to take steps to attempt to protect the individuals involved.

Tips for students with histories of mental health or substance abuse concerns

While the university provides limited support services, students are encouraged to proactively address their mental health and substance abuse concerns prior to arriving on campus. These recommendations will help students with past or present mental health or substance abuse challenges prepare for the transition to college.

- **Plan ahead.** Start planning now for a healthy transition to college.
- **Don't wait.** If you have put off getting help, don't wait any longer. The stresses of leaving home and the transition to college may result in the worsening of your symptoms.
- **Seek help.** Meet with your psychiatrist, medical doctor and/or mental health professional(s) to review medications you currently may be taking, discuss anticipated stresses related to this transition, and develop relapse prevention strategies.
- **Try Counseling.** Contact the Counseling Center or a Counselor in Residence and make an appointment to develop an action plan. Our counselors provide short-term counseling and crisis assistance and will help you connect with other campus and community resources.
- **Continue treatment.** Consider continuing to meet periodically with your current mental health professional during your first semester at college or meet at the beginning of the semester with a CMU Counselor.
- **Take proper meds.** Take your medication as prescribed. Be careful to not self-medicate using alcohol, other drugs, or food.
- **Get adequate rest.** Increased stress and lack of sleep often are factors in the recurrence of a mental health concern.
- **Manage Stress.** College is stressful. Follow a stress management and self-care plan.
- **Connect with others.** Maintain or develop a strong support system of family, friends, and others. Be involved daily in activities you enjoy.
- **Know your symptoms and what to do.** Know what you are going to do if symptoms of your condition begin to recur or intensify and respond quickly. This can minimize the possible negative impact of a relapse on academic and social activities.
- **Explore services in advance.** Familiarize yourself with campus and local community mental health resources prior to coming to campus. Residence Life staff members are excellent sources of assistance and referral for students living in campus housing.
- **Disabilities.** If you have a disability, you are encouraged to register with the CMU Student Disability Services Office.

CMU is an AA/EO institution, providing equal opportunity to all persons, including minorities, females, veterans, and individuals with disabilities.

Concept by the Office of Student Affairs, produced by MediaGraphix, and printed by CMU Printing Services. 26,000 (8/14)