Student Counseling Services

RADFORD UNIVERSITY
An Introduction to Counseling Services at Radford

Student Counseling Services
Introduction - cont.

Student Counseling Services provides confidential, time-limited counseling services to enrolled Radford University students in individual and group settings, as well as couples (both individuals must be enrolled at the University).
Staff and Specialties

Student Counseling Services is comprised of licensed providers and student trainees with a variety of specialties.

- Anxiety
- Depression
- Mood disorders
- LBTQ+
- Mood disorders
- Grief and loss
- & more!
Why should/do students seek our services?

Common reasons for accessing services include:

- Stress
- Sadness
- Anxiety
- Depression
- Roommate/Friend Conflicts
- Body Image
- Family Issues
- Romantic Relationships
- Self Esteem
- Academic Distress
- Time Management
How to Access Services

A first visit:
Students will complete necessary paperwork during drop-in hours and meet with a counselor for 15-20 minutes for an initial consultation in order to assess needs and gather some information.

An appointment will then be scheduled (with an available clinician) to begin ongoing services.

**Hours for 2019 - 2020; hours for 2020 - 2021 may vary**
Services Offered

Individual Counseling:
• 6 sessions per semester
• Solution-focused, brief therapy
• Working to connect students to longer-term options, off-campus as appropriate/needed

Group Counseling:
• Anxiety Toolbox & Getting Unstuck (topic specific)
• Understanding Self & Others (open topic)
• Other groups offered based on interest and presenting themes
Let’s Talk

• Drop-in programming across campus
• Informal, confidential consultations with a counselor
• No appointment required
• **Not** formal counseling
• **Not** for students in crisis

Offered Monday - Thursday, 3pm - 5pm in the following locations:

• Monday: Student Health Center
• Tuesday: Student Rec and Wellness
• Wednesday: Center for Diversity & Inclusion
• Thursday: McConnell Library
Psychiatric Crisis

Students can come by our office Monday - Friday, 8 a.m. to 5 p.m. if they are in need of an urgent appointment due to any of the following reasons:

- They are having serious thoughts of killing themselves.
- They are having legitimate thoughts of harming or killing others.
- They are having strange experiences such as hearing voices or seeing things other people do not.

If a student experiences any of these outside of regular business hours, they can contact ACCESS (540-961-8400) or RUPD (540-831-5500) on a 24/7 basis.
Contact Information

Lower Level of Tyler Hall

M-F: 8:00 am - 5:00 pm

540-831-5226

scs@radford.edu

www.radford.edu/counseling

@radfordscs