



Student Statement of Understanding Regarding Personal Counseling Services

The Staff of the Counseling Center hopes that you will have a positive counseling experience at Meredith. We feel that a part of your satisfaction depends upon your understanding of the services we provide. It will be helpful for you to know a few things about our services before your first counseling session.

Please initial beside each statement showing you have read the information written below.

- _____ **Our services are free.**
- _____ **Counseling Services are provided only to Meredith students.** The Counseling Center is designed to provide students with short term counseling, **typically 4-6 sessions** (up to 14 sessions). If, after discussion with you, the counselor decides that your concerns require more than our short term model of services can provide, the counselor will assist you in finding an off campus resource(s) that can meet your needs.
- _____ **Appointments are limited to 45 minutes.** We ask that you please be on time. If you are later than 15 minutes, your appointment will need to be rescheduled. If you cannot make your appointment, please phone the Counseling Center at (919) 760-8427 to cancel or reschedule so that someone else may have that time. Please notify us 24 hours in advance, if possible. After seeing you for several weeks in a row, your counselor may suggest you meet every other week.
- _____ **Consequence of missed appointment.** In order for counseling to be effective, it is necessary that you attend all your appointments and be engaged in the process. If you are unable to keep your appointment we ask you to call our office to cancel or reschedule. If we do not hear from you after a missed appointment, it is possible that your appointment time will be given to another student.
- _____ **The Counseling Center is open 8 am to 5 pm Monday through Friday during the academic year.** We do our best to return phone calls within 24 - 48 business hours.
- _____ **Counseling Center staff is not able to schedule appointments or provide crisis support by email.** Please call (919) 760-8427 rather than using e-mail.
- _____ **Scheduling appointments** - All appointments are scheduled, rescheduled and cancelled by calling (919) 760-8427 or stopping by our main office, 202 Carroll Hall between 1 pm and 5 pm.
- _____ **The Counseling Center and Residence Life office share an administrative assistant.** Be assured your confidentiality will be maintained.
- _____ **Your counselor may seek peer consultation from the counselors within the Counseling Center.** The Counseling Center is comprised of staff that specializes in personal counseling and in disability services. Our entire clinical staff (including graduate interns), may be included in a group consultation of your case.

COUNSELING CENTER

3800 Hillsborough Street • Raleigh, North Carolina 27607-5298 • Telephone (919) 760-8427, Fax (919) 760-2383

Rev. 1/2011

MEREDITH

C O L L E G E

Confidentiality is an essential part of counseling. Under ordinary circumstances, we will only discuss your situation with someone else when you have given us written permission to do so. You are protected by confidentiality laws, and we will not break these laws unless your situation meets one of the following legal limitations to confidentiality:

1. If we learn about child or elder abuse, we are required by law to report it to the Department of Social Services.
2. If, in our judgment, you are in danger of hurting yourself or others.
3. If we are required to present records and/or to appear in court to comply with a court order. If you file a complaint against the Counseling Center or the college, we may need to release relevant information in order to protect ourselves.

A Counselor-On-Call is available by phone (NOT email) to assist in crisis situations during the academic year.

You can reach the Meredith College Counselor-On-Call by calling Campus Police (919 760-8888) or the Residence Director (RD) on Duty, (919) 612-6350. If you are in crisis and the Counselor-On-Call cannot be reached, you are directed to contact Holly Hill (919) 250-7000, Wake Country Community Mental Health (919) 250-3133, or your local emergency room. Please **do not email** the Counseling Center in the event of a crisis, as counselors are not always accessible via email.

NOTE: During breaks and the summer the Counseling Center does not have a counselor on-call.

If you are in crisis during this time and need mental health assistance, contact resources mentioned above and someone there will be able to assist you.

Counselors can assist in referrals for services we do not provide. If you and your counselor decide a medication consultation would be helpful, you will be referred to a psychiatrist. Likewise, counselors refer students to other health professionals (nutritionists, community groups, assessments, etc) when appropriate.

Please sign below with the knowledge that you have read and understand the information written above. Your signature indicates that all questions regarding the meaning of these statements have been answered to your satisfaction.

Please Clearly Print

Full Name: _____

Signature: _____ **Date:** _____

Student ID: _____

**Witness/
Counselor:** _____

Date: _____

COUNSELING CENTER

3800 Hillsborough Street • Raleigh, North Carolina 27607-5298 • Telephone (919) 760-8427, Fax (919) 760-2383

Rev. 1/2011