

SAME DAY EMERGENCY APPOINTMENT



Holy Family
UNIVERSITY

"Same Day Emergency Appointment" is a program offered by Counseling Services that provides easy to access, free, same day sessions for students experiencing high levels of psychological distress which is interfering with their ability to function, and therefore, assessment by a counselor is indicated.

During this session, the counselor will consult with the student and assess their level of distress, offer help tolerating their negative emotions, determine the level of support and treatment needed, and give assistance in obtaining additional support. Students can schedule this type of appointment anytime up until the time the session is offered.

If a student has said that they are considering harming themselves and/or ending their lives or someone else's and is on campus, please call Public Safety right away at 267-341-3333 as these situations should be responded to immediately.

If off campus, do one of the following:

Contact your **county Mental Health Crisis Line:** Philadelphia-215-686-4420

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text Hello to 741-741

Call 911 or go to your nearest emergency room

"Same Day Emergency Appointment" is the best fit for the following situations:

- Students do not have a plan or intention to act on suicidal or homicidal thoughts but need to speak to a Counselor within a timely manner to assess the high level of distress they are experiencing
- Student experiences significant or drastic changes in behavior that are not characteristic
- Student experiences significant or drastic changes in appearance, social interaction, or observable mood
- Student exhibits aggressive or disruptive behaviors that interfere with the responsibilities of daily living/academic work/the residential community that are not immediately threatening or dangerous
- Prolonged and severe Panic Attack/Anxiety Attack for which breathing and other relaxation skills are not helping
- Past or recent Trauma that is intruding on person's thoughts and ability to stay present in the moment, the student may feel spacy or that things are unreal
- Recent abrupt decline in ability to function and care for basic needs related to eating, sleeping, hygiene
- Recent incident of Self-injurious Behaviors (cutting, burning, hitting, etc.) that do not pose an immediate physical health risk which would require medical services

What to expect:

1. You will need to complete paperwork before being seen
2. You will be seen in a private confidential space (a counselor's office)
3. You will be asked questions related to the current situation, level of emotional distress, ability to function and manage distress, and concern for safety including history of suicide thoughts and behaviors and past treatment for mental health concerns
4. The Counselor will listen closely to your concerns and provide support and assistance in managing emotional distress
5. Focus of the session will be to determine level of safety and ability to manage distress as well as function in daily life
6. You will be provided feedback and assistance related to ongoing treatment recommendations