

“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.

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. Sometimes it is helpful for supportive adults, who may have encouraged or helped the student make the appointment, to provide information to our Counseling Center Staff regarding the current crisis situation and their concern for the student. A student’s support system is integral to the process. If a student has shared sensitive information with you, it is likely because they trust you, have an established relationship with you, and can benefit from your support in their time of need.

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

You can also:

- ✓ Contact the **county Mental Health Crisis Line: 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” consultation/assessments are:

- Reserved for situations in which a student is in a high level of distress, that is interfering with their ability to function, and therefore, assessment by a counselor is indicated
- Focused on determining:
 - if a student’s current high level of distress can be reduced and managed
 - if a student is able to complete skills of daily living
 - if a student is currently safe from immediate harm
 - what level of on-going treatment is needed
 - the best treatment provider to provide on-going treatment to the student
- **Not for:**
 - for problem solving about everyday issues which would be more appropriate for Let’s Talk
 - a session of individual therapy or substitute from on-going treatment
 - a way to have a quicker appointment or a next day appointment with a counselor (unless you the student is experiencing a high level of distress which is interfering with their ability to function)
 - an initial intake assessment for those interested in ongoing counseling
- Able to provide students who are already receiving mental health services from a provider outside of the Counseling Center with connection with that provider.

- Solution oriented and/or provide insight and information about what to do next or what other resources to seek out related to their concern.
- Free for all currently enrolled students
- Available same day
- Requested by booking Same Day Emergency Appointment online
- Typically, last 45 min but can take as long as needed to make a thorough assessment
- Available each day at 2pm

“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 of them
- Student experiences significant or drastic changes in appearance, social interaction, or observable mood
- Student exhibits disruptive behaviors that interfere with the responsibilities of daily living/academic work/the residential community
- 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
- Aggressive behaviors towards self or others that are not immediately threatening or dangerous
- 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 meet with a counselor for approx. 45 min
4. When available, the counselor will collect information from professional staff, faculty, and or loved ones who are concerned
5. 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
6. The Counselor will listen closely to your concerns and provide support and assistance in managing emotional distress
7. Focus of the session will be to determine level of safety and ability to manage distress as well as function in daily life
8. You will be provided feedback and assistance related to ongoing treatment recommendations