

Common Questions about Counseling at Arrupe College

What if I am in crisis and need to speak with someone right away?

If you are experiencing a life-threatening emergency, including having thoughts of harming yourself, please call 911 or go to your nearest emergency room. If you are seeking non-emergency assistance for a crisis after hours, you may call these 24-hour hotlines:

- (312) 926-8100 (Northwestern Memorial Hospital Crisis Line)
- (800) 273-8255 (National Suicide Prevention Lifeline)

Who is eligible for counseling?

All students enrolled in classes at Arrupe College are eligible for counseling services at Arrupe.

What are some common reasons people come for counseling?

Students seek therapy for a variety of reasons. Many students come for counseling when life events or academic stressors leave them feeling troubled or distressed. When these feelings last for more than a few days, you may find it helpful to speak with an unbiased, objective professional. Some common reasons for entering treatment include:

- depression
- anxiety
- homesickness/difficulty making the transition to college
- dating violence or stalking concerns
- sexual assault survivor issues
- drug and alcohol use issues
- eating and body image concerns
- stress
- isolation
- relationship concerns
- family conflict
- identity issues
- sexuality concerns
- vocational goals clarification

How do I make a counseling appointment?

To schedule an appointment for services students may:

- Call the social worker directly at 312.915.8923 or the social work intern at 312-915-8922.
- Send a secure message through OpenCommunicator
https://wellness.luc.edu/login_directory.aspx
- Stop by the office Maguire Hall 216

What can I expect from my first counseling visit?

The first step in beginning counseling at Arrupe College is an in-person intake appointment. You may schedule this appointment either by calling the social worker (312-915-8923) or by sending a secure message through OpenCommunicator at <https://wellness.luc.edu>. During this intake appointment, you and the social worker will discuss your reason/s for seeking counseling, and the social worker will advise you if services provided at Arrupe College will meet your needs, or if your needs would be better served through a referral to a community provider. If therapy at Arrupe College is an appropriate option for you, you will be given a follow up appointment.

To Email Me Regarding Appointments

1. Click or copy and paste this link to a browser address: <https://wellness.luc.edu>
2. Enter your UVID as the Username and Password, then press Enter or click the Proceed button.
3. Click **Messages** from the menu or the right, then click **New Message**

What is your policy on confidentiality?

Everything that you discuss in session with the social worker is confidential. This means nothing will go on your student education records. Also, your parents or loved ones do not have access to your mental health records without your consent. Your social worker will not consult with anyone outside of the Wellness Center, or outside of the university, without your written consent. There are some important exceptions to this, including information about child or elder abuse, serious risk to human life, and court orders.

Is there a limit on the number of sessions?

The social worker at Arrupe College provides brief individual psychotherapy (typically 6-8 visits per semester) or longer term therapy to students currently enrolled in classes at Arrupe College. The social worker can provide referrals to providers in the community if needed. We will seek a good fit for you with someone who accepts your insurance. We do our utmost to ensure that cost is not a barrier to receiving needed care, and can provide referrals to providers and clinics who offer sliding scale fees. There is no session limit for the variety of group therapy offerings at the Wellness Center.

I was referred to see a counselor in the community instead of the social worker at Arrupe College. What's up with that?

During the intake appointment, the social worker gathers a lot of information about what you are dealing with now and what you've dealt with in the past. The social worker evaluates whether therapy at Arrupe College can address your treatment needs, or whether longer-term care in the community represents the best option for you. Our goal is to get you to the care you need as quickly and smoothly as possible. There are many factors that

go into a mental health professional's decision to recommend care in the community. As commonplace examples, active eating disorders, severe and/or chronic depression or anxiety, addiction and other conditions are often best treated in a setting not constrained by session limits. The model at the Arrupe College in turn allows social worker to meet the needs of as many students as possible given the high volume of demand. Even if you are referred to treatment in the community, your counselor may remind you that Wellness Center groups and workshops remain available to you without limitations on sessions.

Does the social worker at Arrupe College provide prescriptions for psychiatric medications?

The social worker at Arrupe College does not provide prescriptions. However, The Wellness Center has a limited number of psychiatric appointments available, and nurse practitioners also manage some psychiatric medications, depending on your condition. Long term psychiatric care is not offered at the Wellness Center. Students will be provided with referrals to the community for ongoing psychiatric care. Students in need of medications used to treat ADHD or ADD will be provided with referrals for a psychiatrist in the community because the Wellness Center does not prescribe medications for these disorders.

I might have a learning disability and/or attention deficit disorder. Do you do any testing?

The social worker at Arrupe College and The Wellness Center do not currently offer learning disability or ADHD testing. However, you can schedule a telephone intake appointment with the social worker at Arrupe College to receive referrals appropriate to your needs and circumstances.