

CENTER FOR STUDENT WELLNESS AND COUNSELING SERVICES

A guide of services we offer to our third and fourth year student population “Promoting healthy lifestyles”

The Center for Student Wellness and Counseling Services (CSWCS) provides short-term, time limited counseling and psychiatric triage services to NEOMED students.

This FAQ sheet is provided to our third and fourth year students seeking our services while off-campus.

Can I leave my site to come to campus for an appointment?

Did you know...

Generally, clinical sites will excuse a student for a doctor appointment. Students should schedule routine appointments in such a way to minimize disruption to the clinical experiences giving as much advanced notice as possible to the clinical site director. Here is the link in the Compass student handbook indicating the process for requesting an absence. Please let the CSWCS know if you plan to utilize the absence request so we can schedule you as promptly as possible with a counselor on campus!

What if I need help now and not able to travel to campus?

Did you know...

Students experiencing an emotional or psychiatric crisis who are unable to come to campus or reach a NEOMED counselor have a few options for help:

Option 1

Set up appointment with Center for Student Wellness and Counseling Services via email to counseling@neomed.edu; the Center is open Mon-Fri 8am-5pm.

In addition, students who are seeking counseling near their remote site are able to consult with CSWCS staff to identify appropriate services to meet their individual needs near their location.

Option 2

Alternative counseling options are available. Call one of the local, regional or national resources below to speak with someone:

◆ Local and National Counseling Resources:

<https://www.neomed.edu/cswc#crisis-resources>

◆ List of Counseling Services in Ohio Counties:

https://www.neomed.edu/wp-content/uploads/CSWC_MentalHealthReferral.pdf

Option 3

Check with your insurance company to identify a mental health provider near you or whether you are eligible for tele-counseling services through your insurance company.

Please note: NEOMED counseling services are free to students and does not require insurance coverage. Students who have counseling needs for which tele-counseling services would be considered clinically appropriate, may have tele-counseling options available through their insurance plan and may consult with their insurance provider regarding their eligibility and how to access these services. Students are encouraged to contact their own insurance company regarding tele-doc services, a list of mental health preferred providers in their area, any out of pocket expenses that may be incurred, and for specific questions regarding coverage if using resources outside of the University's counseling services. Visit the Student Affairs page at <https://www.neomed.edu/sa/health/insurance/medical/> for more information about the [NEOMED insurance plan highlights](#), [FAQs](#), [informational video](#), and a [glossary of insurance terms](#).

Option 4

◆ Contact The Ohio Physicians Health Program (OPHP):

Offers confidential services in supporting physicians, pharmacists and medical and pharmacy students to get the help they need (i.e. access to appropriate mental health care providers, mental health advocacy, etc.) to support their overall well-being. Visit their website at: <https://www.ophp.org/>

Are there any other resources that are not listed here that I can use?

Did you know...Our CSWCS website has a long list of resources. Visit our site at <https://www.neomed.edu/cswc/counseling/hotlines/>. Below are just a few of those resources:

**Immediate Crisis..... On Campus 5911
Off Campus 911**

National Suicide Prevention Lifeline.....1.800.273.8255

National Drugs and Alcohol/Substance Abuse.....1.800.662.4357

Drug Rehab Ohio.....1.800.476.5746

U-lifeline: Screens for the most common mental health conditions that college students face. Visit http://www.ulifeline.org/neoucom/self_evaluator to access the evaluation.

What if I see another student who may need help?

Professional school can be a difficult and stressful time, and while students can usually manage the multiple stressors of professional, academic and personal demands, it's okay to ask for or offer help to those in distress or need of support.

Here are some signs to look for that someone might need help:

- A recent traumatic event or loss
- Suicidal statements (direct or indirect)
- Expressions of being unhappy or sadness
- Negative statements or expressions of helplessness or hopelessness
- Changes in energy level, sleep or appetite
- Loss of interest in activities once enjoyed
- Social withdrawal or isolation
- Changes in personal hygiene or appearance
- Signs of excessive alcohol and/or drug use
- Relationship problems with family or friends or partner

How can I help them?

- Let them know that seeking counseling takes strength and that it may help provide support during a stressful or difficult time
- Let them know that counseling is free and confidential
- Listen and show empathy while talking to the person you are concerned about
- Offer to come to the first appointment as a means of support and belief that counseling may help
- If you're not certain how to approach someone about seeking help, call the Center for Student Wellness & Counseling Services at 330.325.6757
- Familiarize yourself with the services that NEOMED provides on campus as well as through the community resources on the University's website

[Counseling at NEOMED](#)

[Community-based referral resources](#)

[Behavioral Intervention Team \(BIT\) referral](#)

Who we are...

Did you know... The Center for Student Wellness and Counseling Services is dedicated to advancing the health and wellness of our students by providing an environment that promotes healthy lifestyles. The Center provides free and confidential counseling services to students for stress, depression, sexual assault, time management, suicidal thoughts and a range of other concerns; we're here to help.

If a student seeks services from the CSWCS, their level of need will be assessed and an appropriate care will be identified to meet their specific needs. There are times when a student is referred to a higher level of care, such as an intensive outpatient or partial hospitalization program, or other forms of specialized care when their mental health needs cannot be adequately met with short term time limited individual counseling. In these instances, the student is able to consult with CSWCS staff to identify appropriate services to meet their level of care that is accessible near their location.

The Center currently employees 2 full-time Clinical Counselors, 1 full-time Program Coordinator, and a part-time Psychiatrist.



Hours

Monday – Friday
8 a.m. to 5 p.m.



Contact

330.325.6757
counseling@neomed.edu



Location

Summa Physician Suite
behind Ritzman Pharmacy in the
NEW Center

Our hours....

The Center is open M-F, 8 a.m. to 5 p.m.

Contacting us is easy....

NEOMED students seeking non-urgent crisis counseling may call 330.325.6757 or email counseling@neomed.edu for an appointment

NEOMED Students seeking immediate crisis counseling may walk in any time during normal business hours M-F 8 a.m. to 5 p.m. or call 330.325.6757 and follow the prompts to speak to one of our counselors

Where we are located....

The Center is in the Summa Physician Suite behind Ritzman Pharmacy in the NEW Center