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Accessing Counseling Services

Ready to Get Started?

Scheduling an Initial Intake

Enrolling in counseling services requires an initial intake. This brief meeting is used for gathering information about your concerns, as well as determining which services will be needed. Intakes are generally 15-30 minutes, and can be done in-person or via Zoom. Scheduling an intake is easy, and can be done by:

- Stopping by our office at 107 N. Caraway Rd.
- Calling us at 870-972-2318
- email counseling@Astate.edu

Need Help Immediately?

The Wilson Counseling Center is able to help with mental health emergencies. Contact our office directly and inform the Administrative Assistant that you are having an emergency and would like to speak with a counselor. If this emergency happens after hours, [contact UPD](#) and inform them of your emergency; UPD will contact the therapist on call.

Mental health emergencies may include (but are not limited to):

- Experiencing a traumatic event.
- Serious concern about the welfare/safety of yourself or someone else.
- Thoughts of suicide or homicide.

Are You a Staff/Faculty Member Helping a Student?

Check out our [Faculty and Staff Information page](#) for suggestions and more information.

Eligibility

All currently enrolled A-State Jonesboro and NYIT Jonesboro students are eligible for services. Staff and faculty are not eligible for services, but have access to an Employee Assistance Program, and can contact [Human Resources](#) for more detail.

Appointment Policy

More information about our appointment policies can be found [here](#).

Services

The Wilson Counseling Center can help students with a variety of concerns. Some concerns can be addressed with a single session, while others can take longer. Individual sessions may be appropriate in some cases, while a group setting could be beneficial in others. Our counselors will take time to explore your needs with you personally, and discuss appropriate treatment options. Aside from counseling, we also provide workshops, classroom presentations, and other outreach activities to help students gain information and skills that can be used to get the most out of their college experience.

INDIVIDUAL SESSIONS

Individual sessions are those between just you and a counselor. Individual therapy is short-term and goal oriented. There may be situations that would require long-term intensive services that would be better suited for an external agency; if a situation like this arises we will assist you with a referral to a specialist. Please review our [appointment policy page](#) for more details.

GROUP SESSIONS

Group counseling takes place with 1-2 counselors and 4-8 students. Group counseling is an effective form of therapy, and has the added benefit of helping you to connect with other students with similar experiences. Connecting with other students by giving and receiving feedback can help you feel less isolated and more understood.

You must contact the Wilson Counseling Center and go through an individual intake with a counselor prior to engaging in group. This allows us to assess whether group counseling is appropriate in your specific situation, and to ensure that you are placed in an appropriate group.

COUPLES COUNSELING

Couples counseling is available to students when both parties are enrolled as students. Couples counseling can be helpful in recognizing patterns of behavior and communication that may stand in the way of a maintaining a healthy relationship. Couples counseling is typically short term, and goal focused.

CAREER COUNSELING

Career Counseling is an opportunity for students to explore their values, skills, goals, and personality with the goal of choosing a major or career field. Students often seek this service when needing to choose a major, or if they begin to question their current major. Career Counseling

typically involves a self-directed assessment, and 1-2 follow up sessions with a counselor. Since it is very solution focused, Career Counseling tends to be short-term.

WORKSHOPS

Workshops are presentations provided to larger groups. These are educational in nature, and do not require sharing personal thoughts/feelings on your part. Seminars will be held on a rotating basis, and will cover multiple issues that college students typically experience. There is no limit to how often you can attend these presentations. Seminars and workshops do not require a prior intake assessment or screening to attend.

CLASSROOM PRESENTATIONS

The Wilson Counseling Center is available to provide classroom presentations at the Jonesboro campus. To schedule a meeting or find out more, please contact us directly at 870-972-2318 or counseling@astate.edu

CONSULTATION

In the event that you may have questions or concerns for a counselor, but may not need individualized ongoing services, consultations are available. Do you have a question about how to help a friend or loved one? Are you curious about your own wellbeing and are wondering about the next step? Maybe you are a staff/faculty member worried about a student, and need to know how best to help? Consultation meetings can be helpful, and are available to all students, staff, and faculty. Consultations must be scheduled unless there is an emergency.

OUTSIDE REFERRAL

There may be occasions where a student could be referred to a provider in the community. The Wilson Counseling Center will work with the student to facilitate this transfer. Here are some of the occasions that a student may be referred to a community provider:

- More frequent, long-term care, or specialized treatment are needed.
- Medication management and psychiatric services.
- Formal assessment for certain psychiatric conditions, emotional support animals, legal proceedings, or disability claims.
- Emergency assessments for suicidality.
- Frequent missed or rescheduled appointments.
- Abusive behavior toward clinical or support staff.

TAO Self Help

Ready to Register for TAO?

1. In your browser window, navigate to <https://us.taoconnect.org/register>
2. Enter First Name, Last Name, and your school email address
3. Create a password and confirm your password.
4. Leave the 'Enrollment Key' field blank.
5. Click Sign Me Up
6. Check your email. You will be sent a Welcome to TAO email with a confirmation link which you must click on to sign in.

(If your school uses Single Sign On with TAO, please remove Step 3 from your instructions.)

Events and Workshops

One way that the Wilson Counseling Center seeks to serve students is to provide informative outreach, workshops, and events. No initial intake is needed for event participation, though some may require registration where noted. Follow us on social media for up to date information!

- [WEEKLY WORKSHOPS](#)

Drumming to Destress

Mondays 5:00 PM - 5:40 PM at the Wilson Counseling Center

Rhythm (drumming) combined with breathing and meditation techniques promotes relaxation. Join us for relaxing, practicing, and learning stress management strategies. Drum to DeStress uses the HealthRHYTHMS® Drumming Protocol which is a structured and research-based rhythm (drumming) program that has shown to promote significant health benefits such as stress reduction, boosting the immune system, and providing social support. The protocol includes rhythm (drumming), relaxation activities and social interaction. Drumming empowers people to experience the health benefits of rhythm regardless of musical ability.

- [MEET THE STAFF AT A TABLE EVENT!](#)

Wellness Wednesdays

Reng Student Union - Center Court

10:30am - 12:30pm

Stop by our booth each week to get information on various mental health topics, ask questions, or participate in a brief activity!

Additional Resources

Immediate Support

National Suicide Prevention Lifeline	988	(more info)
National Domestic Violence Hotline	1-800-799-7233	(more info)
Veteran Crisis Line (part of National Suicide Prevention Lifeline)	1-800-273-8255	(more info)
The Trevor Project (LGBTQ)	1-866-488-7386	(more info)
National Sexual Assault Hotline (RAINN)	1-800-656-4673	(more info)

Campus Resources

[Campus & Community Resources](#) - Large list of resources for academic concerns, clothing, emergency food/housing/utility assistance, employment, transportation, and more. Redirects to the Dean of Students webpage.

Websites and Publications

[National Alliance on Mental Illness](#) (also has a [support directory](#))

[The Jed Foundation](#)

Apps

Therapy Assistance Online (TAO) ([Apple Store](#) or [Google Play](#)) - Our online self help and virtual meeting portal

[Headspace](#) - meditation and relaxation (free material with more available for a fee)

[Insight Timer](#) - large selection of free meditation and relaxation resources (courses available for monthly fee)

[Finch](#) - cute habit tracker, journal, self-care app

Frequently Asked Questions

WHO IS ELIGIBLE TO USE THE COUNSELING CENTER SERVICES?

All enrolled Arkansas State University Jonesboro and NYIT Jonesboro students are eligible for services.

DO I HAVE TO PAY FOR COUNSELING CENTER SERVICES?

No fee is charged to currently enrolled A-State students.

HOW ARE SERVICES PROVIDED?

The counseling center is able to provide services in-person or via a HIPPA compliant video call. Due to licensure restrictions, a student must be within the state of Arkansas at the time of service.

IF I GO TO THE COUNSELING CENTER, DOES IT MEAN THERE IS SOMETHING WRONG WITH ME?

No, it does not; for the most part students who use our services are interested in their personal growth and adjustment to the world around them. Many students face normal personal and academic concerns while they are at A-State and, at times, they may feel anxious, angry, sad, or depressed. When these problems arise, as well as at times of crisis, it is helpful to spend time with an unbiased trained professional who can assist you in gaining a new perspective.

IF I VISIT THE COUNSELING CENTER, WHAT KINDS OF RECORDS ARE KEPT AND WHO HAS ACCESS TO THESE RECORDS?

Counseling records are kept separate from academic, disciplinary and medical records to ensure student's privacy and confidentiality. All aspects of your participation in counseling at the Wilson Counseling Center including the scheduling of appointments, contents of counseling sessions, all contents of counseling records and outcomes of counseling are confidential by federal and state law. No information is released without the knowledge and written consent of the student except for those rare instances where clinicians are required by law or by court order to reveal particular information.

The law states that there are three situations that require a clinician to disclose information:

a) you may request (by means of a signed release) that your counselor may reveal information to other individuals or agencies of your choice;

b) in instances where there is imminent danger of serious harm to yourself or others, a counselor may reveal that information to prevent harm; and

c) in cases involving physical and/or sexual abuse of children or endangered adults, the counselor must report such abuse. In an emergency situation where students demonstrate a high probability of harming themselves or others, the staff may be required to release information to ensure safety.

HOW DO I MAKE AN APPOINTMENT WITH THE COUNSELING CENTER?

In order to begin counseling, you must complete an initial intake. [Click here](#) for more information or contact us at 870-972-2318.

ARE APPOINTMENTS NEEDED TO RECEIVE COUNSELING CENTER SERVICES?

In order to serve as many students as possible, we do require an appointment for most services. Students who are [experiencing a mental health crisis or emergency](#) can be seen without an appointment.

WHAT CAN BE EXPECTED DURING THE FIRST VISIT?

You will complete a brief informational form and will visit with a counselor who will listen to your concerns. Appropriate services will be determined based on this visit. Afterward, your counselor will follow up with you to set up further appointments.

WHAT IF I START FEELING SUICIDAL OR AS IF I CAN'T COPE?

If you feel this way, please call or come to the Center and ask to speak with a counselor right away. If the Center is not open, call the University Police Department (972-2093). If a situation is imminently life threatening, call 911.

IF I AM CONCERNED ABOUT ONE OF MY FRIENDS OR SOMEONE I KNOW, WHAT CAN I DO?

You can contact the Center and make an appointment to speak to a counselor about what you might do to help your friend or get your friend to see a counselor. If you think your friend is in a real crisis, call immediately. If the Center is not open, call the University Police Department (972-2093).