




CSDC

COUNSELING & STUDENT DEVELOPMENT CENTER

Graham Building
 Monday – Friday 8:30 – 4:30 p.m.
bucknell.edu/counseling
 570-577-1604

THE **CSDC** OFFERS THE FOLLOWING SERVICES

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|  <p>24/7 CRISIS SUPPORT</p> | <p>Monday-Friday from 8:30 to 4:30 p.m. call 570-577-1604 and indicate that this is an emergency.</p> <p>.....</p> <p>After hours and on the weekends call 570-577-1604 and press 2</p> |
|  <p>APPOINTMENTS</p> | <p>VIDEO, AUDIO, CHAT AND IN PERSON</p> <p>.....</p> <p>Schedule online at bucknell.edu/counseling</p> |
|  <p>SAME DAY PHONE APPOINTMENTS</p> | <p>M, W, F, 1-4 P.M.</p> <p>BRIEF 20 MINUTE TOPIC SPECIFIC CONVERSATION WITH A COUNSELOR</p> <p>.....</p> <p>Schedule online at bucknell.edu/counseling</p> |

Services are confidential and free to Bucknell students.

THE TOP
3

REASONS THAT BRING STUDENTS TO THE **CSDC** ARE:

- **Anxiety**
- **Depression**
- **Academic distress**

APPROXIMATELY

20%

of the student body uses the **CSDC's** clinical services each year.



Additionally, the **CSDC** has contact with many more students who participate in a variety of prevention and educational programs presented each year.

WHAT TYPE OF COUNSELING & STUDENT DEVELOPMENT CENTER APPOINTMENT IS APPROPRIATE?

LEVEL 1

EMERGENCY

This is considered a crisis.
Call or Walk-In for a Crisis appointment.
After 4:30 p.m. and on the weekends call **570-577-1604** and press **2** to speak with after-hours counselor.

Student is at **IMMEDIATE RISK**:

- Plan/intent of taking their own life or someone else's life
- Student has taken recent steps to end their life or harm someone else

LEVEL 2

URGENT

This is not considered a crisis.
Call **570-577-1604** and indicate there is an urgent need.
After 4:30 p.m. and on the weekends call **570-577-1604** and press **2** to speak with after-hours counselor.

Student is dealing with **PERSONAL CRISIS** that needs rapid attention such as:

- Suicidal or homicidal thoughts
- Recent sexual assault or other significant trauma
- Death of significant person in their life
- Psychotic thinking (hallucinations, delusions)

LEVEL 3

REGULAR APPOINTMENT

This is not considered a crisis.
Schedule next available appointment online.
bucknell.edu/counseling

Student is **SEEKING ONGOING COUNSELING** services for concerns such as:

- Crying spells/tearfulness
- Anxiety/stress/panic attacks/depression
- Relationship concerns/break ups
- Self-image/eating and body image concerns
- Academic difficulties
- Adjustment/homesickness
- Self-esteem/self-confidence
- Trouble making life decisions

LEVEL 4

CONSULTATION

This is not considered a crisis.
Schedule next available appointment online.
bucknell.edu/counseling

Student is **NOT INTERESTED IN THERAPY BUT** would like to talk to a counselor about:

- Concern for a friend
- Needing a referral for community provider (for medication or counseling)

LEVEL 1 should be walked over to Counseling Services and will be seen by a counselor as soon as someone is available.

LEVEL 2 contact the office at 570-577-1604 to communicate the current situation as urgent or somewhat pressing. A counselor will respond promptly.

LEVEL 3 and **LEVEL 4** will need to schedule a regular video or an in person appointment, as these are **NOT** considered crisis/urgent situations. No need to be walked over to CSDC.