How to Make a Referral

♦ Tell the student why you are recommending counseling.

♦ Discuss your concerns with the student and listen for the response. Talking about a problem or crisis does not make it worse. This is the first step to resolving the problematic issue.

♦ Visit our website http://www.vsu.edu/pages/322.asp

♦ Suggest that the student attend one counseling session before deciding whether counseling would or would not be helpful.

♦ Call the University Counseling Center yourself, at 524-5939 or 524-5061, to get information about services and consult with the center’s staff about how to discuss the referral to the student.

♦ If the student permits you to contact the University Counseling Center while that student is in your office, have that student schedule an appointment to meet with a counselor. This helps ensure that the student follows through on your recommendation.

OUR CAMPUS RESOURCES
Career Services  524-5211
Academic Support  524-6755
Campus Ministry  524-5214
Student Support  524-5812
Judicial Affairs  524-5866
Health Services  524-5711
Campus Police  524-5360
(Emergency only)  524-5411
VSU Crisis Line  524-5001

MAILING ADDRESS
Virginia State University
University Counseling Center
P.O. Box 9172
Petersburg, VA 23806
Telephone: (804) 524-5939 or 524-5061
Fax: (804) 524-5978
TTY: (804) 524-5838
Welcome to the University Counseling Center (UCC)

The Virginia State University Counseling Center provides a range of counseling services for currently enrolled VSU students at no charge. We provide professional help in the following areas:

- Individual, couples, or group counseling
- Crisis Intervention
- Psycho-educational presentations
- Relationship and personal growth issues
- Consultations regarding friends, roommates, family
- Assistive Technology

How Teaching Faculty, Administrators and Staff Can Help:

- Know the signs that may indicate psychological or emotional distress
- Learn how to respond effectively
- Learn about campus resources
- Learn how to make a referral

Teaching Faculty Exclusive

The University Counseling Center (UCC) has a program titled, “Oops! No Walk Today.” This is a series of psycho-educational programs designed to support teaching faculty and extend the center’s efforts to reach students. The series addresses topics such as stress management, self-esteem, substance abuse, and developing healthy relationships. If a course instructor is unable to lecture on a given day, she or he can request that a UCC representative present one of the outreach programs. The UCC will endeavor to meet all requests for these programs. However, we ask that course instructors provide at least two weeks advance notice when requesting this programming.

Confidentiality

We encourage all faculty and staff concerned about a student-in-distress to call us. We can provide consultation and suggestions for problem solving. Please note that we cannot divulge any information about a student without a release of information form signed by the student. We can be reached during business hours at 524–5939 or 524-5061. After-hour emergencies, call our crisis line at 524-5001 which will direct you to the University Police.

Issues to Consider

- Avoid making sweeping promises of confidentiality, particularly if a student represents a safety risk to him or herself. Students who are suicidal need swift professional intervention, and assurances of absolute confidentiality may get in the way.
- It is acceptable to stay “in role” as a faculty, administrator or staff member. You do not have to take on the role of counselor. You need only to watch, support, and refer.

What to Look For (Academic, Physical, Safety Risk Indicators)

- Deterioration in quality of work
- Repeated absence from class
- Disorganized or erratic performance
- Continual seeking of special accommodations (late papers, extensions, postponed examinations and the like)
- Essays or creative work which indicate extremes of hopelessness, social isolation, rage, or despair
- Direct statements indicating distress, family problems, or other difficulties
- Expressions of hopelessness or worthlessness
- Expressions of concern about a student in the class by his/her peers
- A hunch or gut feeling that something is wrong
- Deterioration in physical appearance
- Lack of personal hygiene
- Excessive fatigue
- Visible changes in weight