COUNSELING CENTER SERVICES
NSU Counseling Center
Norfolk State University Counseling Center
Student Services Building
Suite 312
(757)-823-8173
24 hour service
Welcome

College years are exciting for all students and there are many changes ahead. The staff at the Counseling Center want to ensure the best collegiate experience for our students.
Primary Mission

To help students achieve their fullest academic potential.
Confidentiality

Counseling information is NOT a part of your academic record.

We provide confidential counseling in a safe environment for students to come and express their personal feelings and thoughts.

The only exception to breaking confidentiality is when a student is in danger of harming themselves or someone else.
Who looks stressed?
Myths about Mental Health

• People with mental health problems are violent and unpredictable.
• People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.
• Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.
• There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.
• I can’t do anything for a person with a mental health problem.
• Prevention doesn’t work. It is impossible to prevent mental illnesses.

http://www.mentalhealth.gov/basics/myths-
What is Mental Health

• We all have mental health; it is part of our well-being.
• Everyone faces challenges, makes choices, and deals with problems.
• Our mental health depends on how we feel about ourselves, other people, and our future.
• Good mental health does not mean being happy all the time. It is normal to get upset or worried sometimes.
• Good mental = enjoying the good times and coping with the bad times the best we can.

Watts, A.
Common Concerns Facing College Students

- Being away from home
- Time Management
- Relationships
  - Platonic
  - Romantic
- Academic Stress
- Roommates
- Financial stress
- Peer pressure
- Making healthy decisions around drugs, alcohol, and sexual relationships
What is Stress

• Stress is the body’s reaction to a change that requires a physical, mental or emotional adjustment or response.

• Stress can come from any situation or thought that makes you feel frustrated, angry, nervous or anxious.
Types of Stress

Positive Stress
- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance

Distress (Negative Stress)
- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems
Signs of Stress

- Worry
- Tiredness
- Anger
- Poor sleep
- Feeling worthless
- Feeling hopeless
- Feeling irritable
- Panic attacks
- Feeling on edge
- Unable to switch off
- Waiting for the worst
- Tearful
- Drinking/smoking too much
Helping peers

- Acceptance and understanding
- Talking and listening
- Giving them time and treating them normally
- Show appreciation
- Encourage them to seek out counseling
- Encourage them to speak to another positive adult
- Know your resources
- Make sure it is not affecting your own mental health
- Call the counseling center, crisis line, police station, or 911 if you feel they are unsafe

Watts, A.
Counseling Center Services

- Individual Therapy
- Group Therapy
- Psycho-educational Groups
- Case Management
- Referrals
How to Refer a Student for Services

• Have the student contact our office to set up an appointment
• Walk-in-(walk them over with student)
• Concern for Others form
• After hours contact the NSU Police
Crisis or Emergencies

The Counseling Center provides 7 day, 24-hour crisis services. If a crisis occurs outside of Counseling Center hours or on the weekend call:

University Police:

757-823-9000
Resources

• Counseling Center
  • Student Services Building, Suite 312
  • (757)823-8173
  • Office Hours 8:00am – 5:00pm

• Emergency After Hours
  • Sexual Assault (757) 352-8129
  • NSU Police Department (757)823-9000

• Suicide Prevention Lifeline
  • 1-800-273-TALK(8255)
Additional Resources

• Spartan Success
  • Nursing and General Education Building, Suite 100
  • (757)823-8507
• Spartan Health Center
  • (757)278-3360

• Talk to your RA, Professor, Academic Advisor
• Family
• Friends
• Outside Agencies
Always Remember
Taking Care of Yourself

- Keep a structured day
- Get active
- Watch what you drink
- Talk to someone you trust
- Don’t let others pressure you
- Challenge negative thinking
- Face your fears
- Sleep
- Breath
LET’S BREATHE
References

• www.suicidepreventionlifeline.org
• http://psychology.tools/
Questions

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