

Counseling FAQ

What services does the Counseling Center provide?

The Counseling Center seeks to provide traditional students with opportunities for personal growth and exploration in a safe and caring environment. We are committed to helping students navigate the transitions and challenges of college life, including relationship concerns, feelings of anxiety or depression, alcohol or drug issues, issues with food and body image, academic and social pressures, as well as other concerns.

We provide crisis intervention, assessment, and short-term counseling at the center, with referral into the community for longer term or more specialized treatment.

Who can access the services of the Counseling Center?

The services of the Counseling Center are available to traditional students.

Is there a charge?

There is no charge.

How long is each session?

A counseling session generally runs 45 to 50 minutes.

How many counseling sessions can I have?

The Counseling Center provides short-term treatment. When the counselor and student meet, they will talk about what the student is hoping for, in terms of treatment, and what the therapist thinks is needed. Often the student's concerns can be addressed in relatively short-term counseling on campus. When the counselor assesses that longer-term treatment is needed, the student will be assisted in finding a therapist in the area.

Students are always welcome to return to talk with counselors in the Guilford College counseling center when their counseling needs change. We are committed to helping you find the care you need.

If I need medication, how is that handled?

The counselors in the Counseling Center will help students find a doctor in the area who will evaluate their need for medication. New students should contact the Counseling Center as soon as possible, since it often takes several weeks to get an appointment with a physician.

Will you disclose what I say?

Your sessions here are confidential. We will not speak to anyone outside of Counseling Services without your permission, with the following exceptions:

- *If we believe you are a danger to yourself or others, we are committed to doing what is necessary to keep you and others safe.

- *If we learn about child or elder abuse, we are required by law to report it.

- *If you are involved in a court case, your records may be subpoenaed.

Your counselor will explain the ethical limits of confidentiality during your first session and can answer any additional questions you may have about confidentiality.

If I have been in weekly treatment, will I be able to continue at Guilford?

We will be happy to help you find the support you need. While our counselors cannot provide long-term, weekly treatment, we will help you connect with a therapist in the area.

How do I get a referral for counseling off campus?

Therapists in the Guilford College Counseling Center can help you connect with a skilled therapist off campus.

How do I schedule an appointment?

Simply call us at (336) 316-2163 or stop by the Counseling Center in the basement of Founders Hall.

How long does it take to get an appointment?

We can generally schedule an appointment within a few days. Please let us know if your need is urgent.

What if I'm having a crisis and the counseling center is closed?

Please call Guilford's Public Safety at (336) 316-2911. Public Safety can assess your needs and contact the staff member on duty.

As a parent, can I speak to a counselor about my child?

We welcome parents to share concerns with the therapists in the Counseling Center. Often parents contact us as students begin their college journey to discuss the best way to provide support for their child. Once your student has met with a counselor in the Counseling Center, the laws of confidentiality go into effect, and we cannot share

information without the student's written consent, except in the rare circumstance of real danger. We always welcome you to call us with your concerns.