

# COUNSELING CENTER

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<https://counselingcenter.eku.edu/>

The University Counseling Center offers services designed to promote the success of students in achieving their academic, social and personal goals. The Counseling Center staff consists of licensed clinicians who provide counseling both individually and in groups. Referral is provided when the need for counseling services is beyond the role and scope of the Counseling Center. Counseling relationships are considered confidential as delineated by the American Psychological Association (APA) Code of Ethics and, to the extent permitted by law, federal and Kentucky state laws.

## Counseling Services

Counseling is viewed as another form of learning while in college. Typical college student concerns that may result in counseling are: adjustment to college, interpersonal conflicts, dealing with loss, test anxiety, time management, stress, academic pressures, anxiety, depression, motivation, substance abuse, traumatic experiences, eating concerns and choice of a major.

## Rapid-Access Services

The ECU Counseling Center offers many services that are available on a drop-in basis, including: workshops, biofeedback, guided meditation, and drop-in groups. Be sure to check out our website: [counselingcenter.eku.edu](http://counselingcenter.eku.edu) (<http://counselingcenter.eku.edu>) for the semester schedule of services.

## QPR Suicide Prevention Training

The ECU Counseling Center offers training in suicide prevention and only takes an hour! Participants learn: warning signs that someone might be considering suicide, how to have a caring conversation with someone about whom they are concerned, how to persuade that person to get help, and where to refer them for that assistance. Everyone can be a partner in suicide prevention.

## Services for Faculty and Staff

The Counseling Center staff also provides consultation to the University community on referral and how to be most helpful to the distressed student. When a faculty member wishes to refer a student for immediate help, it is recommended that the faculty member call and speak with a staff member for consultation to discuss the appropriate action.