

HOW CAN WE HELP YOU?

WILLIAM & MARY COUNSELING CENTER

McLeod Tyler Wellness Center
757-221-3620

Please review the information below to determine which type of appointment you need. We understand that each situation is unique and cannot be fully described. But please do your best so that we can make sure we offer you the appropriate service.

EMERGENCY

Call 221-3620, Campus Police 221-4596, 911

- I am having thoughts of hurting myself or someone else.
- I have experienced recent interpersonal violence (e.g. sexual assault, dating violence, stalking) and I am having difficulty managing the intensity of feelings/and/or feeling unsafe.
- I am seeing and/or hearing things others are not.
- I am feeling wired, agitated, and abnormally upbeat; I also have a decreased need for sleep.
- I feel disoriented/confused regarding who I am, where I am, what I am doing.

URGENT

APPOINTMENTS NEEDED FOR VITAL/TIME CRITICAL CONCERNS
CALL 757-221-3620

- I have recently experienced an overwhelming loss or trauma and would like to process it.
- I am having significant difficulties functioning.
- I have had several panic attacks recently; they have been debilitating.
- I need to make an important decision in a short period of time.

INITIAL CONSULTATION APPOINTMENT

CALL 757-221-3620

I am interested in meeting with a therapist:

- In order to decide which resources best address my concern(s).
- To initiate brief individual or group counseling to process issues that are interfering with my sense of well-being, academic performance, and/or relationships.
- To explore/process my identity(ies) and/or address experiences of oppression/discrimination.
- To address my experience with anxiety, depression, eating concerns, substance use, etc.

CONSULTATION

CALL 757-221-3620

- I would like to address concerns I have about another person (friend, roommate, partner, family member, etc.).
- I just want to ask a couple of questions.

REFERRALS AND PSYCHIATRIC SERVICES

CALL 757-221-3620 to schedule an appointment with the Mental Health Services Coordinator

I am interested in:

- A referral to a community therapist for talk therapy.
- A referral for psychological testing.
- A psychiatric evaluation appointment to explore medication.