



What Type of Counseling Appointment Is Right for Me?

The following information is provided in order to help you to determine which type of appointment you need with Counseling Services at Bryant University. Please review the following and let the front desk staff know which type of appointment fits your needs. We understand that each situation is unique and cannot be fully described in this document, and that a feeling of emergency or crisis is self-defined. We will respond according to your description of the urgency with which you need to be seen.

Level 1: Emergency Appointments

If you feel you are at immediate risk of harm to yourself or others or if you have taken action to harm yourself, tell the Counseling staff that it is an emergency and you need to be seen right away. A therapist will stop his/her regularly scheduled appointment in order to meet with you. This meeting will focus specifically on assessing your safety and helping you to address safety concerns.

Level 2: Crisis Appointments

If you feel you are NOT at immediate risk of harm to yourself or others and you have NOT taken actions to harm yourself, but are dealing with a personal crisis that necessitates rapid attention by a mental health professional, tell the Counseling staff that it is a crisis. The staff person will work to get you in as quickly as possible, usually the same day or by early the next morning. This meeting will be brief and will focus only on helping you address the crisis situation. Most persons seen for a crisis appointment will be scheduled for a follow-up intake appointment to more fully explore concerns presented.

Common issues addressed in crisis appointments include:

- suicidal or homicidal thoughts without immediate intent.
- recent sexual assault.
- the death of a significant person in the student's life.

Level 3: Intake Appointment

An intake appointment provides you with the opportunity to explore any personal problems or concerns having a negative impact on the quality of your life. An intake appointment is longer in duration than a crisis appointment and is generally 50 minutes in length.

Some common issues that students discuss are:

- relationship problems/break-ups



Bryant University

- eating and body image concerns
- self-esteem
- academic difficulties
- depression
- troubles adjusting to college life
- anxiety/stress

Intake appointments are scheduled based upon counselor availability as well as your own scheduling availability. Intake appointments typically occur within a few days to two weeks of initial contact with Counseling and Wellness Services.

Walk-in Counseling Appointments

Bryant University Walk-In Counseling offers the opportunity to see a counselor without an appointment. Those who come to our Walk-In Counseling are usually interested in a brief meeting (15min-30min) that focuses on a specific problem. Topics appropriate for Walk-In Counseling include relationship problems/break-ups, eating and body image concerns, self-esteem, academic difficulties, troubles adjusting to college life, and anxiety/stress. Topics that are not appropriate for walk-in counseling (because they typically require more time and attention) include suicidal or homicidal thoughts, recent sexual assault, and the death of a significant person in the student's life.

Walk-In appointments are offered on a first-come-first serve basis. If you are unable to meet with a counselor, you may return during our next available Walk-In hours and/or schedule an intake appointment. For students who request additional counseling sessions after a Walk-In appointment, your counselor will work with you to schedule future appointments. We ask that students arrive on time for walk-in sessions to allow for completion of necessary paperwork and adequate session time.

Walk-In Counseling is available

Mondays, Wednesdays & Fridays at 10:00 & 10:30 a.m.

Tuesdays & Thursdays at 3:00 & 3:30 p.m.

Your Decision: After considering the descriptions of Emergency, Crisis, Intake, and Walk-In Counseling Appointments provided above, please go to the front desk and indicate the type of appointment that is most appropriate for your situation.