

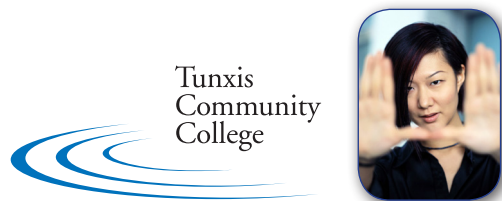
We're here to help you...

Like everyone, college students may face difficult life transitions and circumstances, experience painful emotions, and need assistance in developing clear and meaningful goals while pursuing their academic course work. College counselors are professionally trained to help students cope with a wide variety of educational, adjustment, and mental health issues during their college years.

Some methods counselors employ to facilitate discussions include listening, informing, empathizing, collaborating, brainstorming solutions, constructing goals, building on strengths and modeling appropriate behaviors.

Counselors are glad to talk with you about any issue causing you concern or distress. Some common concerns include: anxiety, sadness, loneliness, eating disorders, dating & domestic partner violence, alcohol & drug concerns, academic problems, sexual abuse, relationship issues, time management, choosing a major, communication skills and career & academic goals.

Depending on the nature of the concern, counseling may be one appointment or several. In some cases, a referral to a community specialist may be strongly encouraged.



Tunxis Counseling Services
860.773.1510

Counseling Services Available at Tunxis...

◆ INDIVIDUAL COUNSELING:

Confidential* individual brief solution-based counseling is available for a variety of personal issues.

◆ CAREER COUNSELING:

Appointments for career counseling can be made to assist students in understanding career options, choosing or changing a major, or developing the skills necessary for career advancement. Career testing and interpretation is also available.

◆ ACADEMIC COUNSELING:

College counselors at Tunxis also assist students with course selection, time management skills, study and test taking skills.

**Confidentiality does have limitations and does not apply in the following circumstances: if a student discloses knowledge of child abuse; disabled person or elder abuse; you are assessed to be a danger to yourself or someone else; ordered by law; and if directed by you to disclose information.*

Mental Health Screening Days

Tunxis Community College takes part in Screenings for Mental Health, Inc.'s National Screening Days.

● *National Depression Screening Day*

Free screenings and information provided on mood disorders (depression, anxiety, bi-polar and post-traumatic stress) (October)

● *National Eating Disorders Screening Day*

Free screenings and information (February)

● *National Problem Gambling Screening Day*

Free screenings and information (March)

● *National Alcohol Screening Day*

Free screenings and information (April)



Mental Health and Wellness Reference Area: There is free information for students on mental health and wellness located in the rear of the Academic Advising Center.

◆ **Free Online Anonymous Screenings:** www.mentalhealthscreening.org/screening/tunxis

Mental Health and Wellness Resources

Facts, Self-help Information, Referral Options

www.goaskalice.columbia.edu
www.nami.org
www.activeminds.org
www.ulifeline.org
www.turningpointct.org
www.ctclearinghouse.org
www.halfofus.com
www.mhconn.org
www.freedomfromfear.org
www.nmha.org

Eating Disorders

www.something-fishy.org
www.anad.org
www.thebodypositive.org

Alcohol Use and Abuse

www.rethinkingdrinking.niaaa.nih.gov
www.aa.org

Suicide Prevention Hotline

800.273.8255
www.suicidepreventionlifeline.org

24 hr. Crisis Intervention & Support

800.747.3434

Domestic Violence Hotline

888.774.2900

Sexual Assault Hotline

888.999.5545

Problem Gambling

800.522.4700
www.collegegambling.org

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Have questions or
need to speak with a
Tunxis Counselor?

Contact:

Judy Reilly-Roberts, M.S., LPC

860.773.1507

or

Vivian M. Craven, M.S., LPC, NCC

860.773.1506

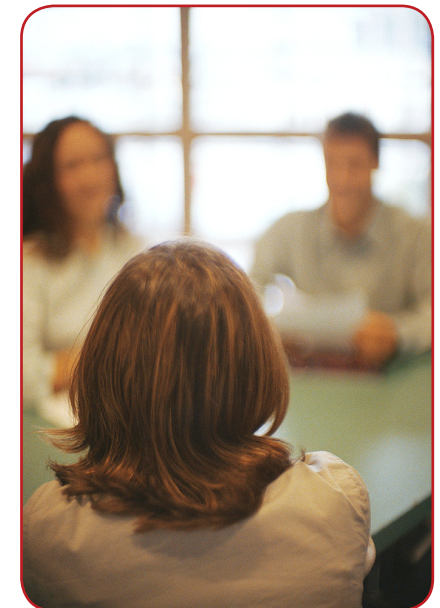


Education That Works For a Lifetime

*Developed by Tunxis Counseling Services in conjunction
with the American College Counseling Association Public
Awareness and Professional Advocacy Committee.*

TUNXIS COUNSELING SERVICES

- Individual •
- Career •
- Academic •



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271 Scott Swamp Road • Farmington, CT 06032