



## The Wellness Center

P: (413)528-7353

email: [wellnesscenter@simons-rock.edu](mailto:wellnesscenter@simons-rock.edu)

The Wellness Center is open Monday thru Friday 9:00 AM- 5:00 PM during the academic year while classes are in session. Evenings and weekends please contact Campus Safety at (413)528-7291.

### COUNSELING SERVICES OVERVIEW

We provide counseling services to support students as they adjust to campus life and navigate life

- **To schedule an appointment**, complete and submit the **Counseling Request Form for Fall 2023** on our website (Simons-Rock.edu > Student Life > Living on Campus > The Wellness Center)
- For an **urgent/crisis situation**, please contact a Community Director or Campus Safety (413-528-7291 or hit "0" on a campus phone). You will be advised of next steps and connected to the appropriate resource.
- **Some common counseling areas include, but are not limited to:** anxiety, depression, campus life adjustment, family/relationship issues, racial/cultural/ethnic realities and challenges, LGBTQIA+ support and advocacy, academic difficulties, stress-related concerns, self-esteem, body image, substance use, self-harm, trauma, sexuality and social/interpersonal struggles.
- **Our services include:** individual therapy, focus groups, crisis intervention and assessment, psychiatric evaluation/medication management, referral to outside services as needed and requested, and consultations/trainings for faculty, staff and students.
- **Counseling is free for all currently enrolled students.** Appointments for **psychiatric evaluation and medication management** are scheduled by referral from a Counseling Services counselor and are billed separately through the school insurance.
- **Records and the information discussed are kept confidential and are not disclosed to others outside of the Wellness Center without written consent.** There are specific exceptions within federal confidentiality guidelines, which will be reviewed with you during your intake appointment.

### **COUNSELING SERVICES STAFF 2023-2024:**

<b>Diane Dillon, PhD</b>	Wellness Center Director
<b>Tanveer Ahmed, MD</b>	Psychiatrist
<b>Morgan Burns, MSW, LICSW</b>	Counselor
<b>Eve Jennings, MA, LMHC</b>	Counselor
<b>Taya Win, MS, LMHC</b>	Counselor
<b>Tamara Schlesinger, MSW</b>	Counselor
<b>Amanda Roux</b>	Front Office Administrator