

## THE COUNSELING CENTER

### IN-PERSON AND TELEMENTAL HEALTH APPOINTMENTS

678-839-6428, after hours crisis,  
press option 2  
123 Row Hall  
Monday-Friday 8:00-5:00  
Walk-Ins Monday-Friday, 11:00-  
4:00

### The Process

Information will be collected in the office or through a link sent to you. This takes about 15 minutes and you will sign a consent for treatment.

You will meet with a counselor (in person or online) for a Brief Check In. In this brief check-in, the counselor will talk with you and make recommendations for the next best steps for you.

The counselor and other Counseling Center staff will assist you in connecting with the customized services.



# HOW TO ACCESS MENTAL HEALTH RESOURCES

**YOU HAVE CHOICES.**

More students are taking advantage of mental health services on campus. The Counseling Center cannot keep up with demand. This new stepped care model will offer online tools, telecounseling, group counseling, psychiatry and confidential free counseling services to all enrolled students. However, the old model of channeling students into individual counseling will not keep up with student demand for services. It was also not a smart model in terms of customizing mental health services for the student's needs. Our new stepped care model will allow students to customize care for the best outcome.

## WELLBEING@UWG

### OFF-CAMPUS TELEMENTALHEALTH APPOINTMENTS

833-910-3367

May call 24/7 for assessment  
Expanded counseling  
services, anywhere, anytime  
in the US, 5 free sessions each  
semester.

### The Process

You may call the support and help line 24/7 833-910-3367 and you will be connected to a counselor who will conduct a brief assessment.

After the assessment you will be transferred to a Navigator who will assist you in finding confidential and free counseling off campus.

# STEPPED CARE MODEL

