**What can others on campus find out about my visits at the Counseling Center?**

Nothing that you don’t choose to share with them. Counseling Center records are protected by strict confidentiality laws and UWSP Counseling Center records are maintained on a separate, encrypted server from all educational records. They cannot be accessed by anyone who does not specifically work in the Counseling Center and they are not part of any transcript. Except in extraordinarily dangerous circumstances, Counseling Center staff will not discuss your condition with anyone, or even acknowledge that they work with you, without your written permission.

**What services do you offer?**

The Counseling Center provides individual and group psychotherapy to enrolled students. We act as consultants for any campus community member wishing to discuss a complicated situation with a professional. We provide emergency crisis care during our business hours, and we conduct education and prevention programming focused on mental health throughout the year.

**Can you explain the waitlist?**

The Counseling Center is one of the most heavily-utilized student services on campus. Near the middle and end of each semester, our demand can exceed our resources for meeting it. We work exhaustively to keep a person’s wait for services short, reallocating time wherever we can to address the demand and discussing the nature of the waitlist almost daily. At peak times, students are commonly offered appointments within two weeks of their call, which is generally better than local private practitioners are able to offer. Students with severely restrictive schedules experience the longest waits.

**Are there costs involved in getting help at the Counseling Center?**

No. Psychological care at the Counseling Center is covered by student services fees. You will not be charged for any therapy visits.

**Is there a session limit?**

Yes. For reasons related to demand and our strong desire to keep initial waits as short as possible, the Counseling Center had to implement a session limit several years ago. Students are able to be seen for up to 20 individual visits over the course of their degree. Though concerning to some, 20 sessions is a great deal of individual psychological care and frequently takes multiple semesters of regular meetings to reach. Few people approach the session limit, and those that do have options for continuing their care here. Group therapy does not count towards the session limit in our policies and can sometimes be an appropriate way to continue getting one’s needs met when session limits become an issue.

**Do you do Psychological assessments for things like ADHD or Learning Disabilities?**

Psychologists at the Counseling Center do have the expertise to administer and interpret these tests. However, our ability to offer them is severely limited by the demand we have for clinical services. It is often necessary to refer students to outside providers for formal neuropsychological assessments. Contact our office if you have questions about assessments or how to best obtain a thorough assessment.

**Do you employ any students?**

No. Our clinical staff consists entirely of experienced mental health professionals and we do not operate a training program. We do not employ students in support roles either, so no student can access Counseling Center records about anybody, past or present.

**Could a member of your staff give a presentation to my group on campus?**

Yes, absolutely! Spreading awareness about mental health and training students to be capable with mental health matters is a priority for our office. Contact our office about the program you have in mind, and we will work with you to create and deliver it.

**Where are you located and how can I contact you?**

The Counseling Center is on the 3rd floor of Delzell Hall. To speak to someone about an appointment or to consult with someone about a concerning situation, call 715-346-3553 or walk-in and talk to our reception staff.

**Can you discuss my mental health with a professor or outsider if I want you to?**

With your written permission, Counseling Center staff can speak to others about you or communicate in writing about you. If you are wanting this, your provider will discuss your request in detail and discuss the risks and benefits of releasing the information you have in mind. If this form of disclosure is appropriate, your provider will secure your written permission, and then discuss only what was agreed to with the professor or outsider. Contact our office or your provider for additional information.