WHAT TYPE OF COUNSELING APPOINTMENT IS APPROPRIATE?

Level 1: 
**Emergency**

Student is at **IMMEDIATE RISK**:
- Plan/intent of taking their own life or someone else’s life
- Student has taken recent steps to end their life or harm someone else

Level 2: 
**Urgent**

Student is dealing with **personal crisis** that needs rapid attention such as:
- Suicidal or homicidal thoughts
- Recent sexual assault or other significant trauma
- Death of a significant person in their life
- Psychotic thinking (hallucinations, delusions)

Level 3: 
**Standard Appointment**

Student is seeking ongoing counseling services for concerns such as:
- Crying spells/tearfulness
- Anxiety/stress/panic attacks/depression
- Relationship concerns/break ups
- Self-image/eating and body image concerns
- Academic difficulties
- Adjustment/homesickness
- Self-esteem/self-confidence
- Trouble making life decisions

Level 4: 
**Consultation**

Student is **not interested in therapy but** would like to talk to a counselor about:
- Concern for a friend
- Needing a referral for community provider (for medication or counseling)

- Level 1 & Level 2 should be walked over to Counseling Services and will be seen by a counselor as soon as someone is available.
- Level 3 & Level 4 will need to call 513-745-3022, option 2, to schedule an appointment. For concerned faculty and staff regarding student, it is best to call with the student present to get appointment scheduled as a “warm handoff”. These students do not need to be walked over to Counseling Services.