



Northwestern State University
Counseling Services

STAFF



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National Suicide Prevention Lifeline
988

Spanish Suicide Hotline
1-888-628-9454

The Steve Fund
Text STEVE to 741741
to reach a culturally trained counselor

Trevor Project hotline
1-866-488-7386

Trans Lifeline
1-877-565-8860

Veterans' Crisis Line
1-800-273-8255



Northwestern State University
Counseling Services

Friedman Student Union, Room 305
185 Sam Sibley Drive
Natchitoches, LA 71497
Phone: (318) 357-5621
Fax: (318) 357-5690

HOURS

Monday-Thursday: 7:00am - 5:00pm
Friday: 8:00am - 4:00pm

Visit us on the [NSU Counseling website](https://www.nsula.edu/counselingservices)
([nsula.edu/counselingservices](https://www.nsula.edu/counselingservices))

Northwestern State University does not discriminate on the basis of race, color, gender, religion, sexual orientation, national origin, disability, genetic information, age, pregnancy or parenting status, and veteran or retirement status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Complaints or inquiries related to Title IX should be directed to the Director of Student Advocacy and Title IX Coordinator, Julie Powell (318-357-5570). For Americans with Disabilities Act (ADA) concerns, contact the Accessibility and Disability Support Director, Crissey Smith, at 318-357-5460. Additionally, Northwestern complies with the Jeanne Clery Disclosure of Campus Security Policy & Campus Crime Statistics Act. Information about NSU's campus security and crime statistics can be found at <https://www.nsula.edu/health-safety/university-police/>. Full disclosure statement: <https://www.nsula.edu/iehr/>.



Northwestern State University
Counseling Services



Confidential care.
Real support.
For every student.

Welcome to NSU Student Counseling Services

We know that the decision to come for counseling may be a difficult one. You may naturally be anxious. To relieve some of your anxiety as well as answer some of the questions that students frequently ask, we have prepared this information brochure.

Services are available to all NSU students and paid for by the Health Services fee. Depending on the nature of the student's problems, counseling may be conducted individually or in a group format. Services are provided by licensed professional counselors and graduate interns in the Clinical Mental Health and Clinical Psychology Masters' programs who are under the supervision of the Director of Counseling Services.

In an effort to better meet your needs, you will be asked to complete various forms during the initial session. The information gathered from these questions and any counselor notes are for the counselor's professional use only and will be kept in the strictest confidence. **These records do not become part of your school records.**

Visit us on the [NSU Counseling website](https://nsula.edu/counselingservices)
(nsula.edu/counselingservices)
for more information and helpful resources.



CONFIDENTIALITY

Confidentiality is the foundation for any counseling relationship and is necessary to establish a safe environment in which you, the student, can grow and heal. **The counseling relationship and the information resulting from the counseling sessions will not be disclosed to others without the written consent of the student.**

- The exceptions to this rule are as follows:
- The student is at risk for harming him/herself;
- The student is at risk for harming another;
- A minor child, elder, or handicapped person is judged to be in danger of abuse;
- A student's records are subpoenaed by court (usually in divorce and child custody cases).

PSYCHIATRIC SERVICES/ CONTINUITY OF CARE

Our counselors are trained to provide **teletherapy services** to our students via several secure online platforms (private and confidential). This service provides an option to students who are distance learners or have gone home for the summer (if residing in the state of Louisiana where the counselors are licensed).

When additional health and medical treatments are needed, students may be referred to an appropriate off-campus resource. A contracted psychiatrist is available to provide psychiatric evaluations and medication monitoring through our contracted **psychiatric services** for students who require medication management/psychiatric support, whether attending classes, under quarantine or onsite. Teletherapy and psychiatric services ensure continuity of care and support for students who require our services.

THE COUNSELING PROCESS

Client Responsibility

As a client, you are responsible for the following:

- 1) Keeping all your appointments or calling to cancel, as soon as possible;
- 2) Actively participating in all sessions;
- 3) Completing counseling assignments;
- 4) Being honest with your counselor;
- 5) Informing your counselor if you wish to terminate counseling.

You and your counselor will make decisions about the type of counseling, the frequency and number of sessions, and your counseling goals.

- We want you to have a positive counseling experience. You may find that the counselor you are scheduled to meet is not a good match for you.
- You may change counselors at anytime without negative consequences.

If you are dissatisfied for any reason, we hope that you will speak with your counselor directly, or if you require further assistance, the Director, Zachary Veuleman, NCC, LPC-S.

CRISIS INTERVENTION

24-Hour Crisis Call Service is provided.

During regular working hours call 318-357-5621.

After 5:00pm Monday through Thursday and after 4:00pm on Friday call University Police dispatch at 318-357-5431 and the counselor on call will be contacted for you.

National Suicide Prevention Lifeline
988