



Counseling Services

What is Counseling Services?

Collin’s counseling program is designed to support and assist students who have personal issues that impact their college experience.

Staffed by licensed professionals and supervised interns, Counseling Services provides individual personal counseling, facilitates various groups, sponsors personal growth seminars, and encourages awareness of issues of concern to both traditional and nontraditional students.

What is the difference between stressed and distressed students?

Stressed	Distressed
<ul style="list-style-type: none"> • Social withdrawal • Hyperactivity/Rapid speech • Requests for special consideration • Changes in attendance • Changes in academic performance • Falling asleep in class • Marked change in personal dress, hygiene, eating or sleeping routines. • Depressed or lethargic mood • Unusual or exaggerated emotional response to events 	<ul style="list-style-type: none"> • Overtly suicidal thought (referring to suicide as a current option) • Homicidal threats (written or verbal) • Destruction of property or other criminal acts • Extreme anxiety resulting in panic reactions • Inability to communicate (garbled or slurred speech, disjointed thoughts) • Loss of contact with reality (seeing or hearing things that are not there) • Highly disruptive behavior (e.g. hostile, aggressive, violent)

Counseling Services Contact Information:

- Call 972.881.5126 or stop by D134 (SCC), F144A/F144B (PRC), or B336C/B336D (CPC)
- Email: personalcounseling@collin.edu
- Website: www.collin.edu/studentresources/counseling

Tips on how to deal with stressed or distressed students

➤ Talk to the student:

Set aside time to talk to your student when you will not be rushed. Give them your undivided attention.

➤ Be direct and non-judgmental:

Tell the student about your concerns honestly. Example: "I'm concerned about your attendance lately."

➤ Listen:

Listen to the student in a sensitive and non-threatening manner. Repeat back to the student what you are hearing. Remember to let the student do most of the talking.

➤ Refer:

Point out that help is available on campus. Tell the student what you know about the recommended services.

➤ Follow-up:

Check with the student at a later time to see how he or she is doing. Provide support when appropriate.

Making a referral

Non – Emergency: Encourage the student to contact Counseling Services directly to schedule an appointment. Offer to let the student call from your office if you believe extra support will be helpful or offer to walk the student to the counselor's office to schedule an appointment.

Emergency: If the student has taken any potentially lethal action; call **911** immediately, then call campus police at **972.578.5555**. Call Collin's Counseling Services department at 972.881.5126. Provide relevant information to Counseling Services staff member.

Confidentiality

Counseling staff are Licensed Professional Counselors. They may not legally or ethically disclose information about the student without the student's written consent.