

# Plymouth State University Counseling Center

1-603-535-2461

## Client Wait List Information

- Due to the high student demand for counseling services and limited resources, the Counseling Center may need to place students on a wait list.
- If on a wait list, when an appointment becomes available that matches your schedule, we will call you on the phone to offer the appointment. You might consider saving the Counseling Center as a contact on your phone, with whatever name you feel comfortable. Please note: the Counseling Center does not communicate via email or text.
- Please be sure to have your voice-mail set-up on your phone, so you can receive a message if you are unable to answer the call.
- If a message is left on your voice-mail, please call back that day to confirm or decline the appointment. If you do not return our call by the end of the next day, your name will be removed from the waiting list.
- Please be informed that if you do not arrive for your first scheduled appointment, your name will be removed from the waitlist and we will assume that you no longer need our services.
- If you are no longer interested in services at our Center, please contact us so we can remove your name from the wait list.
- While you are waiting for an appointment, you are invited and encouraged to use the following resources available to all PSU Students.
  - WellTrack Boost Self-Help Therapy App
    - PSU students have free access to this interactive self-help therapy app, by downloading the app and registering with their Plymouth.edu email address.
    - The app provides various self-help therapy tools including videos on mental health, a Zen room, thought diary, information on cognitive distortions, fun achievements, activity scheduler, mood check, and wellness assessment.
    - It is also a gateway, or one stop shop, in providing all the referral information to various PSU and community resources for various challenges students might face (i.e. academic, financial, sexual violence, addiction, health and wellness, safety and security, community involvement/making connections, and career support). It includes the office name, location, phone number, email, point of contact, and link to the website for each office.
  - Mental Health Movie Mondays- (with Counseling Center staff)
    - Mondays 3pm-5pm in HUB Room 119 (9/9/2024-11/25/2024)
    - Themes of the movies/video clips will include: coping skills and resiliency, dealing with anxiety/stress, dealing with depressed mood, processing emotions, self-compassion, social connections, healing from loss, and more.
  - Self-Management and Recovery Training (SMART)- (with Counseling Center staff)
    - Thursdays 3:15pm – 4:15pm in HUB Room 119 (9/12/2024-11/28/2024)
    - Topics include tools, skills, and application for managing and recovering from harmful habits or addictive behaviors (e.g., substances, eating challenges, binge gaming, over-exercise, social media, wasteful spending, performance anxiety, toxic relationship patterns, procrastination/avoidance, self-harm).
  - Mindfulness and Yoga Group- (with Counseling Center staff)

- Tuesdays at 1pm-1:45pm in HUB Hage Room (9/24/2024, 10/1/2024, 10/8/2024, 10/29/2024, 11/5/2024, 11/12/2024, 11/19/2024, 11/26/2024, and 12/3/2024)
- Learn mindfulness techniques, yoga poses, and breath work to reduce stress
- PSU Counseling Center Website- Self-help section
  - <https://www.plymouth.edu/counseling-center/mental-health-resources/self-help-resources>
  - Provides group workbooks (Anxiety Toolbox, Getting Unstuck-Depression, Seeking Serenity, and 3 Steps Forward).
  - Provides links to videos and websites with information on mental health.

### **Off Campus Counseling Services Possibilities**

- If you decide that you want to pursue other counseling options, the local community mental health center, Lakes Region Mental Health, may be available to offer services.
- Additionally, there are other private counseling services in the community. If you have health insurance, you can contact your insurance company to find local counseling resources that are covered or search online (e.g. PsychologyToday.com).
- Possible off-campus counseling resources:
  - Lakes Region Mental Health Center at 1-603-524-1100
  - Growing Roots at 1-603-238-3149
  - Mid-State Health Center at 1-603-536-4000
  - Premier Health Psychiatry (Dr. Richard Nasstrom) at 1-603-945-8048

### **Emergency/Crisis Resources**

- If you are in emotional crisis, or are having thoughts of suicide or homicide, during business hours please call us (603-535-2461) or come to the Counseling Center in person. Our hours are Monday-Friday 8am-4pm. If you are experiencing this, and the Counseling Center is closed, please call the NH Rapid Response/Lakes Region Mental Health Center at 1-833-710-6477 or 1-603-524-1100 (option 9). You might also consider the following resources:
- NH Rapid Response/Lakes Region Mental Health Center      1-833-710-6477  
or 1-603-524-1100 (option 9).
- Spears Hospital Emergency Room      1-603-536-1120
- University Police      1-603-535-2330 or 911
- National Suicide Prevention Hotline      988 (call or text)
- Crisis Text Line      Text HOME to 741741
- SAMHSA's Disaster Distress Hotline      1-800-985-5990 (call or text)
- Transgender Crisis Hotline      1-877-565-8860
- LGBTQ+ Hotline      1-866-488-7386
- People of Color Crisis Text Line      Text "STEVE" to 741741
- Veterans Help Line      1-800-838-2838