Plymouth State University Counseling Center 1-603-535-2461 Client Waitlist Information

- Due to the high student demand for counseling services and limited resources, the Counseling Center may need to place students on a waitlist.
- If on a waitlist, 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 Center as a contact on your phone, with whatever name you feel comfortable. Please note: the 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 waitlist.
- 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 the Center, please contact us so we can remove your name from the waitlist.
- 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.
 - o Self-Management and Recovery Training (SMART)- (with Counseling Center staff)
 - 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).
 - Wednesdays at 3pm-4pm in Speare 202D
 - Mindful Journey (with Counseling Center staff)
 - Learn mindfulness techniques, yoga poses, and breath work to reduce stress
 - Mondays- 2/3/2025, 2/10/2025, and 2/17/2025 at 3:15pm-4:15pm in Speare 202D
 - o Movie Night- Inside Out (with Counseling Center staff and Student Life staff)
 - Come watch the Pixar classic Inside Out, have free popcorn and beverages, and learn about mental health themes and resources.
 - Thursday, 3/6/2025 at 7:30pm in HUB Hage Room

- 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.
- o Office of Student Advocacy and Well-Being (Speare 202)
 - Provides student support, advocacy, and resource navigation services and oversees the CARE (Concern, Awareness, Referral, and Engagement) process.
 - Matthew Toms, Executive Director for Student Advocacy, Well-Being and Crisis Intervention (matthew.toms@plymouth.edu or 603-535-2405).

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 or an Employee Assistance Program (EAP), you can contact them to find local counseling resources that may be covered. You can also search online (e.g. PsychologyToday.com).
- Possible off-campus counseling resources:

Veterans Help Line

- o Lakes Region Mental Health Center at 1-603-524-1100
- o Growing Roots at 1-603-238-3149
- o Mid-State Health Center at 1-603-536-4000
- o Premier Health Psychiatry (Dr. Richard Nasstrom) at 1-603-945-8048

Emergency/Crisis Resources

1-800-838-2838

• 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).
•	Speare 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