

"Survey results suggest that a number of Kent State students believe that a mood or anxiety disorder negatively affected their academic performance within the past 12 months. (National College Health Assessment, 2004)

Psychological Services provides high-quality personalized care by licensed psychologists.

Services are available to all students at the university.

All contacts with staff are strictly confidential.

**University Health Services
Psychological Services**
330-672-2487

Other Resources

ON CAMPUS
The Psychological Clinic
330-672-2372

**Counseling and Human
Development Center**
330-672-2208

Medical Services
330-672-2322

KSU Nurse Line (24/7)
330-672-2326

KSU Police:
Emergency 911
Non-emergency
330-672-2212

OFF CAMPUS
**24-Hour Stress, Suicide
and Depression Crisis**

Townhall II
24-hour Helpline
330-678-4357
1-866-449-8518

**Coleman Professional
Services**
330-673-1347

Psychological Services University Health Services Second floor – DeWeese Health Center

Kent State University
Kent, Ohio 44242

330-672-2487
www.uhs.kent.edu

Hours of Operation

**Monday, Tuesday, Thursday
and Friday**
8 a.m.-5 p.m.

Wednesday
9:30 a.m.-5 p.m.

**KENT STATE**
UNIVERSITY

Health Services

04-21813

**KENT STATE**
UNIVERSITY

Health Services

A GUIDE FOR FACULTY AND STAFF

Psychological Services University Health Services

Providing professional

counseling and consultation

services to the Kent State

University community

University faculty and staff may request professional consultation and counseling services on behalf of their students.

Many Kent State students reported that they had felt so depressed at some time during the past year that it was difficult to function (data from National College Health Assessment, Fall 2004).

Who to refer:

- Students in psychological crisis
- Students displaying suicidal thoughts or behaviors
- Students with personal concerns (e.g. depression, stress/anxiety, eating disorders, interpersonal difficulties)
- Students with academic concerns
- Students who have suffered emotional, physical or sexual assault
- Students with disruptive behavior

How to refer:

Call our office at **330-672-2487**. Inform the secretary of the reason for referral or need for consultation. Indicate if it's an emergency situation. Recommend that the student speak directly to the secretary to schedule an appointment.

Students can learn coping skills to help deal with the pressures of college.

Specific counseling services include:

Individual and Couple Counseling: for personal and relationship problems to enhance communication skills and relationship satisfaction.

Crisis Intervention Counseling: for those times when intense, emergency situations arise.

Consultation Services: for faculty, staff and students who need help in assisting students who have emotional and behavioral concerns.

Psychological Testing: for clarifying issues and to facilitate the counseling process. We offer evaluations for substance abuse, attention deficit disorder and eating disorders.

Suicide is the second leading cause of death among 20-24 year olds.

Suicide Prevention

Kent State faculty and staff are in a unique position to observe the signs of crisis in a student and make the referral to Psychological Services.

In dealing with students, be aware of the WARNING SIGNS:

- Talk about death or suicide
- Social withdrawal
- Say they can't make the sadness go away
- Experience a recent loss
- Loss of interest in hobbies, school, work, etc.
- Drastic changes in behavior
- Give away prized possessions
- Take unnecessary risks
- Previous suicide attempts
- Lack of attention to appearance and hygiene
- Can't sleep, eat or work
- Increased substance use