



Concordia
UNIVERSITY • SAINT PAUL

Counseling Services

Mission

The mission of Concordia Counseling Services is to promote the personal growth and development of the whole person and to assist students in coping with personal difficulties so that they can benefit from their experience at the university. Counseling Services seeks to be an integral part of students' support towards success in the academic, vocational, interpersonal, emotional, mental, physical, and spiritual spheres of their lives.

Services for Cohort Students

Counseling Services welcomes contact from students enrolled in the cohort programs. For the cohort students who live in the Twin Cities metro area and can easily access the Concordia University campus, Counseling Services can offer the full range of in-person services that are provided to students in the traditional programs. Services are less comprehensive for cohort students who are geographically more distanced from the campus.

Services Offered

- ***Individual Counseling***

For students who have ease-of-access to campus, Counseling Services provides free, face-to-face individual counseling. Counseling provides a supportive and private environment for discussing personal concerns and developing skills to promote mental health, life balance, and overall well-being. Students can talk with trained counselors for varied reasons ranging from stress and adjustment issues to crises to serious mental health issues. Personal counseling is generally short-term in nature, though students may continue to access assistance on a longer-term basis if they are making progress towards their counseling goals, if they do not need more frequent or intensive treatment, and if they do not need specialized treatment that cannot be provided in the center.

All information related to personal counseling—even the fact that a person is meeting with a counselor—is confidential, as covered by the Minnesota Data Privacy Act. A student chooses whether or not to disclose any information about his or her counseling. Additionally, counseling records are kept separate from academic records to further assure privacy of information.

- ***Consultation***

At times, students wish to seek information about issues related to mental health, well-being, relationships, and concerns about others in their lives. In those instances, a counselor can provide consultation to gain understanding about the situation and then provide direct information and/or suggestions that apply to the situation. Consultation can be done in-person, by telephone, or by email.

- ***Referral to Community Resources***

Students may request assistance for locating appropriate referrals for counseling and/or other community resources. Counselors can access a variety of databases to assist in your search. Referrals given will need to be evaluated by the student as they are not intended to be specific recommendations or endorsements by the counselor. Referral resources can be sought in-person, by phone, or by email.

- ***Web-Based Services***

Counseling Services' website offers a variety of resources. Those resources include contact information about the center, self-help information, and local crisis/emergency contacts.

Hours:

Monday – Friday

8:00 a.m. - 4:30 p.m.

**** Counseling Services is not open during holiday breaks, summer breaks, or other times that the university is closed*

For questions, appointments, or requests for information:

- Stop by DH 310
- Call 651/641-8252
- E-mail swanson@csp.edu
- Website: <http://web.csp.edu/counseling/>