

What are some common issues in counseling?

- Adjusting to university life and / or a new culture
- Procrastination / time management issues
- Difficulties with motivation or decision making
- Relationship issues – with friends, families, partners, roommates
- Relationship breakups
- Sleep difficulties
- Test anxiety
- Uncertainty about your major and career direction
- Depression, loneliness, or anxiety
- Feeling suicidal and that life is not worth living
- Worries about eating, drinking, or drug taking behaviors
- Difficulties making friends or knowing how to talk to others
- Concerns about a friend or loved one
- Coping with your own illness
- Feeling stressed or overwhelmed
- Gender identity
- Grief, loss, and death
- Violence
- Pregnancy
- Financial pressures



LIMA COUNSELING AND CONSULTATION SERVICES (LCCS)

LCCS is operated by The Ohio State University at Lima and provides free counseling and therapy services to OSU Lima students. Our goals are to promote the best possible academic, vocational, and emotional health of all OSU Lima Campus students.

CONTACT US:

We are located in Galvin Hall, Room 107

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Hours vary by quarter.

Call or email to schedule an appointment.

Walk-ins welcome as availability permits.

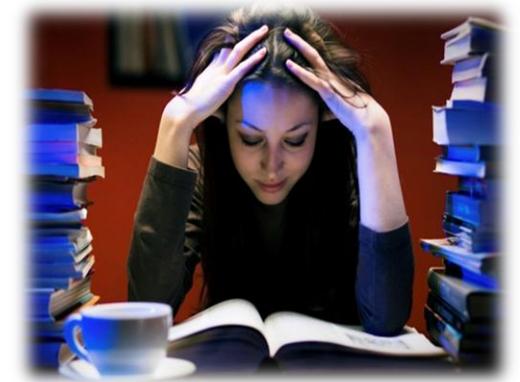
If you need immediate assistance and cannot contact a counselor, please call the ***We Care Crisis Center at 1-800-567-HOPE***, the ***National Suicide Prevention Lifeline at 1-800-273-TALK*** or ***1-800-SUICIDE***, or ***dial 911 for emergency services.***

Who is eligible?

Any student currently enrolled (part time or full time) at OSU Lima is eligible for services free of charge. If you are in need of services that we are unable to provide, we will happily provide a referral within the community.

Counseling Services for OSU Lima Students:

Everything You Need to Know



**Counseling and Consultation Services
The Ohio State University at Lima**

**Call 419-995-8272 or 419-995-8698
for more information or to schedule
an appointment.**

What is LCCS?

The members of Lima Counseling and Consultation Services (LCCS) provide services to the students of The Ohio State University at Lima. We provide individual therapy, outreach for the campus, and referral information for resources within the community. All of our services are free of charge for students. You may call to schedule an appointment with one of our counselors, or walk in during office hours if you have an emergency.

What is therapy?

Therapy is a process in which a person obtains help for emotional, situational, and environmental problems from a trained professional. By establishing a positive, trusting relationship, the therapist will try to help the individual cope with the problem, learn appropriate coping strategies, and work to resolve the difficulty. Research has shown that therapy helps the individual feel better and gain resolution to his/her problems more quickly than if he/she dealt with them alone. Our services will be individualized to work best for you.



What can you expect?

Some students are reluctant to come to LCCS because they don't know what to expect. Upon arrival, all students are asked to fill out an intake form, which asks for basic information. Students will then meet with their counselor for an "intake appointment" for approximately 45 minutes to an hour.

What happens at the intake appointment?

Your first appointment is called an "intake." Your counselor will review the information you provided in the intake paperwork and you will have the opportunity to tell the counselor in more detail precisely what your needs and concerns are, and what you hope to accomplish in counseling. You will be able to ask any questions about the benefits of counseling, the limits of confidentiality, and about any of the other services that are available.

During the first session, the counselor will try to ascertain what the problem or issue is. She will try to see if counseling is the best approach for you and give a brief explanation of the counseling process. There may be some additional forms to sign, and if you are under 18 years old, you will need your parent's consent for treatment.

What can I expect in counseling?

Counseling aims to help you understand yourself better and become more effective in reaching your goals and becoming successful. Each of the counselors at LCCS is interested in your personal, academic, and intellectual growth. Some students meet with their counselor on a weekly basis, others at varying intervals. In these 50-minute sessions, you and your counselor talk about what is causing your distress currently and explore ways to understand and alleviate these concerns.

Our services are provided on a voluntary basis (i.e., students choose to come to LCCS) and you need not be referred by anyone to participation in the counseling process.

At first, you may feel a little nervous about counseling, but this is normal and often fades quickly. There is likely to be some balance between talking about your present-day experiences and adjustments and talking about the past experiences or situations in your life that may have contributed to the problems you currently face. The exact focus

and balance of your counseling experience will depend on the issues that you bring to therapy, your counselor's perspective, and the preferences you voice over the course of therapy.



What about privacy?

Many students wonder if counseling appointments or information will somehow end up in their "permanent academic record." The answer is NO. All sessions are private and confidential. Only with the student's written permission are we free to share information with anyone. There are some limited exceptions to the privacy laws that your counselor will be happy to explain in full detail during your first session.

What if I can't wait for an appointment?

If you are in crisis, you may call one of our counselors for a crisis appointment. If counselors are unable to meet with you right away, they may refer you for urgent services within the community. If it is after hours and you are feeling unsafe, afraid that you may harm yourself or others, or feel that you will be unable to wait until regular LCCS hours, please call **911 for emergency services**, the **We Care Crisis Center at 1-800-567-HOPE**, or the **National Suicide Prevention Lifeline at 1-800-273-TALK or 1-800-SUICIDE**.