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, family, partners, roommates
- Sleep difficulties
- Test anxiety
- 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
- Coping with an illness
- Feeling stressed or overwhelmed
- Gender identity
- Grief, loss, and death
- Financial pressures

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For more information & additional student resources, visit our website:
go.osu.edu/counseling

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Counseling Services for Ohio State Lima Students

Everything you need to know

Presented by
Lima Counseling and Consultation Services

What is LCCS?

The therapists 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 email or call to schedule an appointment with one of our counselors, or walk in during office hours if you have an emergency.

Who is eligible?

Students currently enrolled at Ohio State Lima are eligible for services free of charge. We are unable to see Academy (CCP) students or students who are under 18 years of age, but we will happily provide referral information for services near 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 therapist for an "intake appointment" for approximately 45 minutes to an hour.

During your first appointment, your counselor will review the information you provided in the intake paperwork. 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 or he will try to see if counseling is the best approach for you and give a brief explanation of the counseling process.

What can I expect in counseling/therapy?

Counseling/therapy aims to help you understand yourself better and become more effective in reaching your goals and becoming successful. Each of the therapists at LCCS is interested in your personal, academic, and intellectual growth. Some students meet with their therapist on a weekly basis, others at varying intervals. In these 50-minute sessions, you and your therapist 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 participate 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 988.