

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
- Relationship breakups
- 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



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

Samantha Haudenschild, Psy.D.

Phone: 567-242-7158

Email: haudenschild.11@osu.edu

Call or email to schedule an appointment.

Walk-ins welcome as availability permits.

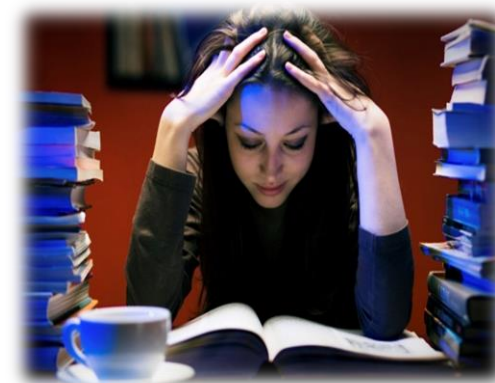
If you need immediate assistance and cannot contact a counselor, please call the ***We Care Crisis Center at 1-800-567-HOPE***, the ***National Suicide Prevention Lifeline at 1-800-273-TALK*** or ***1-800-SUICIDE***, or ***dial 911 for emergency services.***

Who is eligible?

Students currently enrolled (part time or full time) at OSU Lima are eligible for services free of charge. We are unable to see Academy (CCP) students or students who are under age 18, but we will happily provide referral information.

Counseling Services for OSU Lima Students:

Everything You Need to Know



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

Call 567-242-7158

***email haudenschild.11@osu.edu
for more information or to schedule
an appointment.***

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.



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 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.

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 1-800-273-TALK or 1-800-SUICIDE**.

