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Center for Counseling and Student Development
Telephone 518-783-2342
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Same-day Emergency Consultations

The staff at the Center for Counseling and Student Development is aware that emergencies requiring immediate attention can exist for students seeking our services. Because of the demand on our services, however, we are not able to see most students the same day they contact us. This handout has been prepared to help you decide whether our same-day crisis services are right for you. If in doubt, please call our office at 783-2342 to consult with a counselor.

Our same-day crisis services are designed to assist students who are confronting life-threatening circumstances, current or recent traumatic crises, and serious mental illness.

Examples of such issues include:

- suicidal thoughts
- the need to be hospitalized
- thoughts about harming another person
- recent assault or abuse
- concern about your own safety
- knowledge of another person recently/currently being abused or assaulted and concern about his/her safety
- hallucinations
- recent death of a loved one
- witnessing or experiencing a recent traumatic event

A counselor will meet with students in crisis when not being seen immediately could lead to serious consequences or seriously aggravate their existing condition. Most often this means the counselor will need to interrupt or reschedule a previously arranged appointment.

If you believe your situation is a crisis that cannot wait for a regularly scheduled appointment, please contact our office. A counselor will meet with you today to do a brief assessment and make recommendations as to how to proceed.