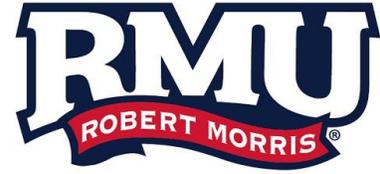


UNPACK U



ON-CAMPUS RESOURCES

COUNSELING CENTER

The Robert Morris Counseling Center is committed to addressing the mental health needs of students via clinical services and psychoeducational programming in order to increase resilience and help students develop strategies for success. Due to COVID-19, all sessions will be done via call or face-to-face video conferencing.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center>

COUNSELING SERVICES

Triage: initial appointment to determine the best next steps

Crisis Appointment: crisis / walk-ins appointments

Campus Support: weekly workshops to discuss general wellness

Consultation: discussing concerns about someone else

Psychoeducation: general education about mental health

Problem Focused Sessions: up to 3 session per semester to provide targeted interventions

Group Therapy: groups focus on clinical and non-clinical topics

Individual Therapy: short-term individual therapy

Off Campus Options: connections to off campus resources

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/services>

TELETHERAPY

Students are able to speak to a therapist about their mental health needs via telephone or face-to-face conference. Counseling sessions will be done through Google Hangouts.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/distance-counseling>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds is a student-led organization that raises mental health awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.

LEARN MORE:

<http://studentlife.rmu.edu/student-clubs-and-organizations/special-interest-organizations-activities/active-minds>

THRIVE PROGRAM

The THRIVE Program provides campus outreach for mental health and wellness initiatives through trained THRIVE leaders. They serve the campus community by “building a bridge” between the Counseling Center and students, primarily by developing and implementing outreach programs/events that will positively impact the campus community.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/thrive-program>

ADDITIONAL RESOURCES

ANXIETY AND STRESS MANAGEMENT

Learn the ins and outs of anxiety and stress, how it affects us and how to reduce it. Find general information, a list of resources, and an infographic showing how sleep affects the brain.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/anxiety-stress-management>

DEPRESSION

Learn about what depression is and what it can look like. Find general information, signs, symptoms, a list of resources, and videos about depression.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/depression>

GRIEF

Experiencing grief alone can be very difficult. Find general information, an infographic with the 7 stages of grief, ways to cope with death and dying, ways to help a bereaved student, and a list of resources about how to deal with loss.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/grief>

HOMESICKNESS

Being away from home for the first time is a big change. Find tips about combating homesickness and a list of resources to help with the transition of moving to a new environment.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/homesickness>

HOW TO HELP A FRIEND

A guide on how to be there for a friend in need or how to detect if your friend needs help. It includes signs that might indicate a need to encourage a friend to go to the Counseling Center, how to suggest to a friend that they should go to the Counseling Center, and what to do if your friend is in crisis.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/help-a-friend>

RELATIONSHIPS

When meeting new people and forming new relationships it is important to understand what is healthy and unhealthy behavior. Find general information about relationships, infographics about what a healthy relationship is, tips for safe dating in college, and a list of resources to help maintain healthy relationships.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/relationships>

SEXUAL AND DOMESTIC VIOLENCE

Sexual and domestic violence can leave victims feeling vulnerable, so this resource can help empower survivors and bystanders to speak up. Find general information about sexual and domestic violence, what to do if you or someone you know is sexually assaulted, myths about sexual assault, and a list of resources.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/sexual-and-domestic-violence>

SEXUAL IDENTITY

Learning about your sexual identity can be a long process. Find an infographic about the sexuality spectrum, a video, and a list of resources that could help students learn more about themselves.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/sexual-identity>

SUICIDE

Thousands of lives are lost due to suicide each year but with more education about preventing suicide, students can save a life or their own. Find general information about suicide, identifying the risk factors, how to help someone, and a list of resources to encourage suicide prevention.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/suicide>