

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: e4593443-8001-4d61-8359-49fae495b551

Meeting date: December 05, 2024

Request ID: 0c6631ab-5eef-4406-9163-a0ffc173f60b

Student ID: da813

Counselor ID: erodriguez

## SUMMARY

Danielle is dealing with depression and anxiety during finals season, but is still struggling to open up about her stressors or seek help.

## KEY CONCERNS

- Depression and anxiety symptoms during intense finals period
- Loss of control during stressful academic environment
- Difficulty managing stress effectively
- Worries about mental health outcomes if she reveals her struggles
- Uncertainty about seeking support or getting help

## ACTION PLAN

- Recommend counseling session for depression or anxiety disorder
- Encourage Danielle to reach out for individual or group mental health support (e.g., Cognitive Behavioral Therapy, mindfulness exercises)
- Discuss the stressful academic environment and potential triggers during finals (e.g., reading heavy assignments, high-stakes tests)
- Help Danielle identify trusted peers or academic resources for emotional support

## FOLLOW UP PLAN

- Check in after counseling session to check if Danielle is feeling better or seeking alternative ways to manage stress
- Recommend regular check-ins with academic advisors or mental health services on campus
- Encourage Danielle to write a journal entry or reflect on her emotional state each day