

## COUNSELING CENTER

303-273-3377

“The Counseling Center provides mental health services to students and is staffed by licensed and experienced professionals skilled in handling a variety of presenting concerns. Services are designed to assist students in resolving issues that interfere with their ability to successfully navigate the Mines journey. We are dedicated to providing a safe, affirming and culturally informed space in order for all Mines students to feel seen and valued at the Counseling Center. Services are confidential, voluntary and covered by student fees.”

“The first step to Counseling Center services is an initial consultation with one of our counselors. During this initial meeting, the counselor, in collaboration with the student, will recommend services within the Counseling Center or the community that may include in-person services, remote services, workshop suggestions or community referrals and assist students in obtaining the appropriate services to meet their needs.”

You can drop in for an initial consult during office-hours or schedule a phone consultation.

| PHONE CONSULTATION   | VIRTUAL OFFICE HOURS  |
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| Schedule an appointment for a personalized phone consultation with a counselor from the Counseling Center. | Drop in on zoom for a personalized consultation with a counselor from the Counseling Center. Please review <a href="#">Virtual Office Hours Consent</a> prior to attending. |
| Initial Request to Connect   | Join here via zoom:<br><a href="https://zoom.us/j/92996807583">https://zoom.us/j/92996807583</a>  |
| Appointments are available Monday – Friday between the hours of 8:30am – 4:45pm.                           | Mondays: 11:30am – 12:30pm<br>Tuesdays: 2:00pm – 3:00pm<br>Wednesdays: 11:30am – 12:30pm<br>Thursdays: 11:30am – 12:30pm<br>Fridays: 2:00pm – 3:00pm                        |

You can find the zoom link for office-hours and their up-to-date availability here:

- <https://www.mines.edu/counseling-center/>

You can request an initial phone consult here:

- <https://www.mines.edu/counseling-center/request-appointment/>

In order to use its resources most effectively, **the Counseling Center utilizes a short-term model** of therapy to assist students in addressing issues common in a college setting. If there are issues that seem amenable to assistance within a brief time frame, they are appropriate to be seen at the Center. **If it appears that long-term care or specialized services are indicated, Center staff will assist students in locating referral sources in the community that match their needs.**

You can find more information regarding the scope of counseling center here:

- <https://www.mines.edu/counseling-center/getting-started/>

If the counseling center isn't the best fit for your needs, or you would like to see a provider long-term, **Mines offers a care coordination service to connect you with a care provider best suited for you:**

- <https://www.mines.edu/counseling-center/care-coordination/>