HANOVER COLLEGE COUNSELING SERVICES

Why students might need additional support

* National trends identify an increase in college students entering college with serious mental health concerns (Counseling Center Directors Survey, Benton, et.al, 2003)
* Average age for onset of many mental health conditions often emerge between ages 18 and 24.
* 45% of women and 36% of men reported anxiety and depression which interfered with their functioning in college. (2006 American College Health Association Survey)
* Roughly ¼ of college students cope with the death of a family member or close friend. (National Students of Actively Moving Forward)
* 28% of the 2013 Hanover College graduates utilized supportive counseling at some time during their 4 years on campus.

How might Faculty and Staff link students with support?

**A** = Acknowledge a disruption/impairment or change in *FUNCTIONING.*

**B =** Describe the BEHAVIOR that has been or could impact the student’s functioning in class.

***“ I noticed you’ve been sleeping in class,….missing labs…..no longer participating in discussion….forgetting assignments, ….seem preoccupied in class…..etc.”***

By keeping the conversation focused on functioning we can avoid interpreting, labeling, or becoming involved in perhaps more than we feel comfortable addressing.

Then offer:

**C = COMPASSION and CHOICES.**

* *“I can tell you’re really struggling right now….”*
* *“This must be tough for you to juggle with all that’s going on at home….”*
* *“Feeling overwhelmed is understandable….”*
* *“Have you considered going to the Learning Center?”*
* *“Everyone needs back up from time to time, have you considered counseling services?”*
* *“We have a Vocational Mentoring Program available. Would that be a good fit?”*

**Normalize the action for seeking help. Acknowledge that seeking help is a sign of insight and strength.**

How Do Students Access Services?

On Line Registration: **MY HANOVER**

**Campus Life Tab**

**Counseling Services Intake Form**

Where are the Counselors?

**Campus Center top floor**

**Waiting Room Shared with Health Services Rooms 3, 4, 5.**

**Catherine Le Saux, Director** [**lesaux@hanover.edu**](mailto:lesaux@hanover.edu) **ext. 7399**

**Sara Crafton, Counselor** [**crafton@hanover.edu**](mailto:crafton@hanover.edu) **ext. 7074**

**Katie Dine Young, Psy.D** [**kdineyoung@hanover.edu**](mailto:kdineyoung@hanover.edu) **ext. 6842**

Please feel free to call and consult with any of the counselors. We’d be glad to talk with you about issues of concern. We would however be unable to disclose information about students without a written release of information.