

Center for Counseling and Student Development (CCSD)

Summer 2025 Orientation Student Session



Presented by
CCSD Staff





ECU®

**COUNSELING
AND STUDENT
DEVELOPMENT**

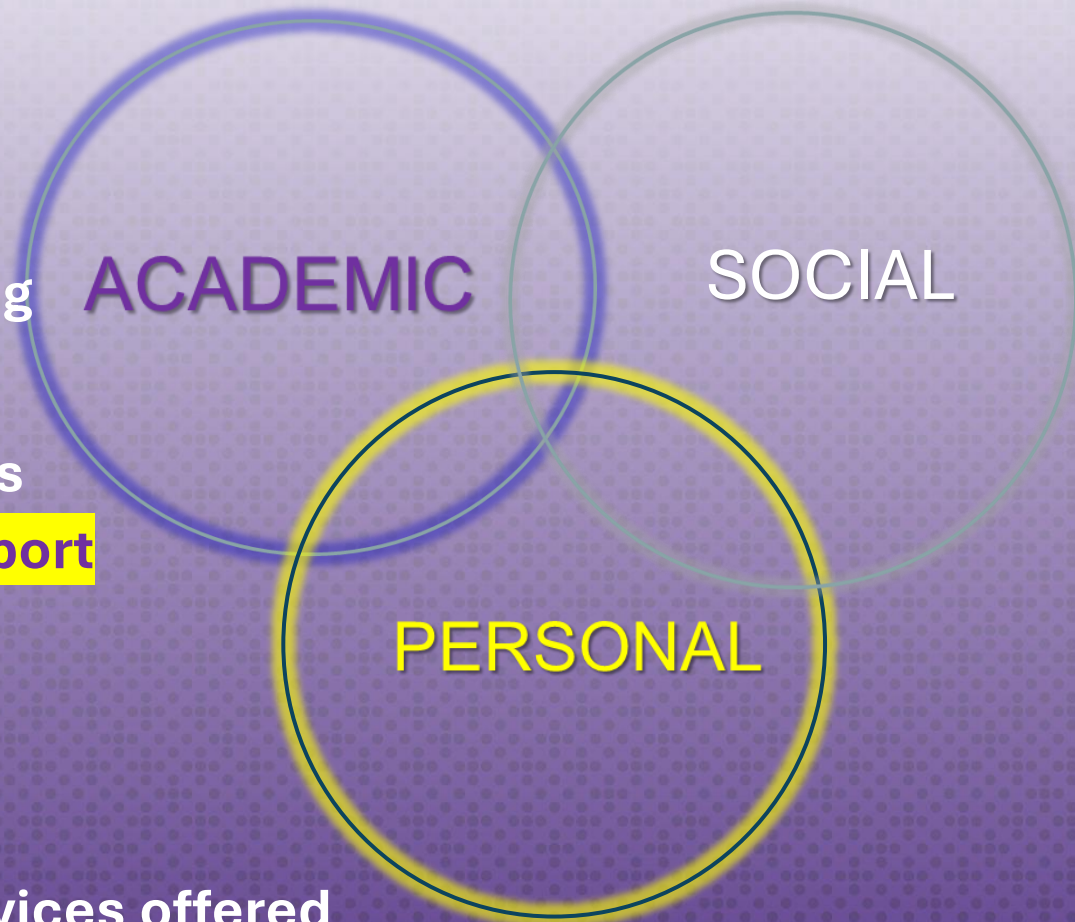
Overview of Services



ECU®

Services Offered

- Skills Workshops
- Group Counseling
- Brief Individual Counseling
- Outreach Programming
- Urgent Care Appointments
 - **After-hours crisis support**
- Case Management
- Referral
- Consultative Services
- In-person AND virtual services offered



Fees and Confidentiality

For currently enrolled ECU Students

*No information can be released without a student's (age 18 or older) written permission.

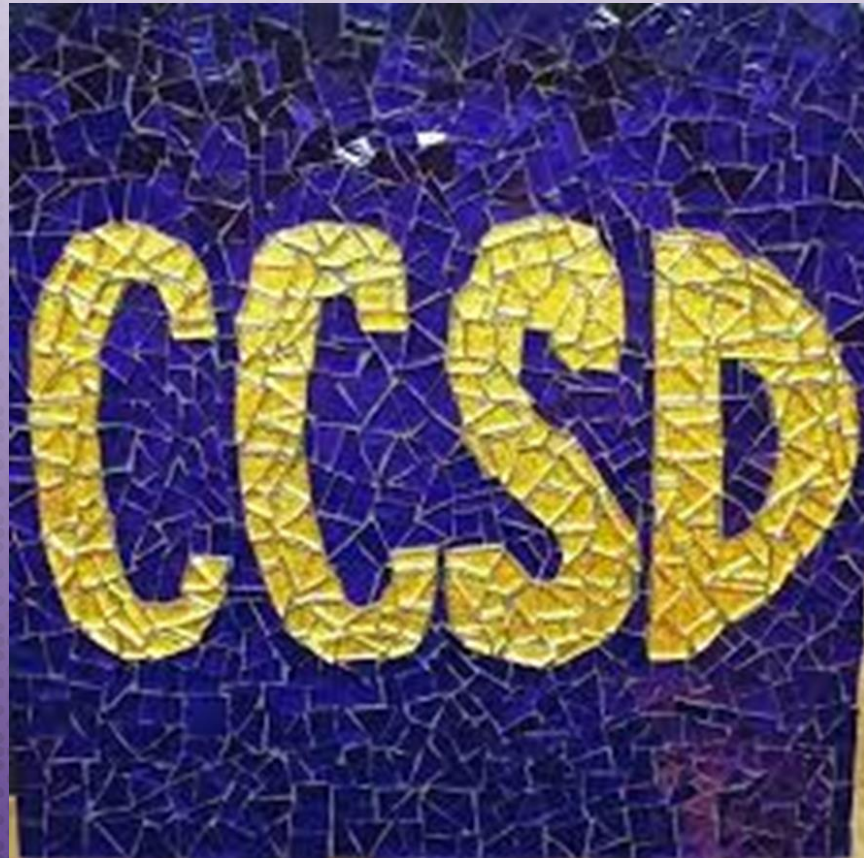
- Exceptions include:
 - Cases of imminent danger to self or others
 - Abuse or neglect to a minor or other vulnerable population
 - Court order

*Services are covered by tuition and fees



CCSD Staff Members: *Multi-disciplinary*

- Licensed Clinical Addictions Specialists
- Licensed Clinical Social Workers
- Licensed Marriage and Family Therapist
- Licensed Clinical Mental Health Counselors
- Licensed Psychologist



Psychiatry and Medication Management

- Mental Health Services available at Student Health:
 - **Medication management**
 - **Psychiatry**
 - **Pharmacy**
- Please call 252-328-6841 to inquire about services and appointments. <https://studenthealth.ecu.edu/>



Presenting Concerns at the Counseling Center

Anxiety

Substance use

Relationships and Family Dynamics

Trauma

Depression

Adjustment

Tips for Managing Symptoms and Stress

Get your ZZZ's! Sleep helps you to think clearly

Nourish & Hydrate to maintain energy when stressed

Write about it. Out of mind out of... sight?! Writing can help vent stress and organize your thoughts

Self-soothe - Take short breaks to comfort yourself and rest

Do something you love! We all need an outlet.

Baby Steps Smaller tasks are easier to accomplish, and make us feel good

Seek Support - Find comfort in knowing you are not alone

Laugh - Lighten up! Laughter releases the body's natural feel-good chemicals

The power of NEUTRAL thoughts - Negative self-talk and criticism can increase stress

Get Moving! - Movement and exercise helps to release tension

Organize your notes and deadlines to clear mental clutter

Clean your room! It can be difficult to focus or relax when things are messy

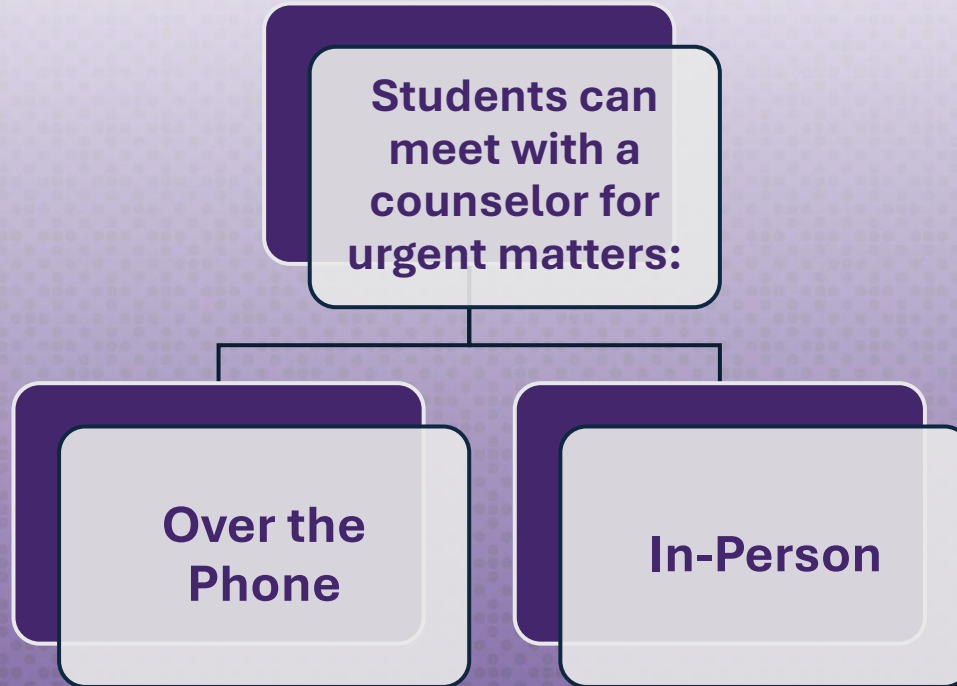
Digital Detox - Spend some time away from screens

Try some free apps to help with relaxation!

- Calm
- Colorfy
- Breathe2Relax
- Stop, Breathe, Think



Urgent Support and Crisis Services



After hours support (252) 328-6661 (select “2” for after hours support)

It is up to the student to determine if their need is urgent.

Schedule an appointment

Student should **call 252-328-6661** or come in to schedule a first appointment

All students will be screened for appropriate services

- Next steps could include:
 - schedule for individual or group counseling at CCSD
 - referral to an off-campus provider
 - connection to another campus office

Appointments for **fall 2025** can be made in mid- August 2025.

If under 18 years of age, parent consent will be needed to initiate services (except in case of emergency).



Concerned about a Pirate?

ECU CARES

- Visit the ECU CARES website for a list of possible resources, both on-campus and off-campus

<https://ecucares.ecu.edu/>

- Reports are received through the Dean of Students Office

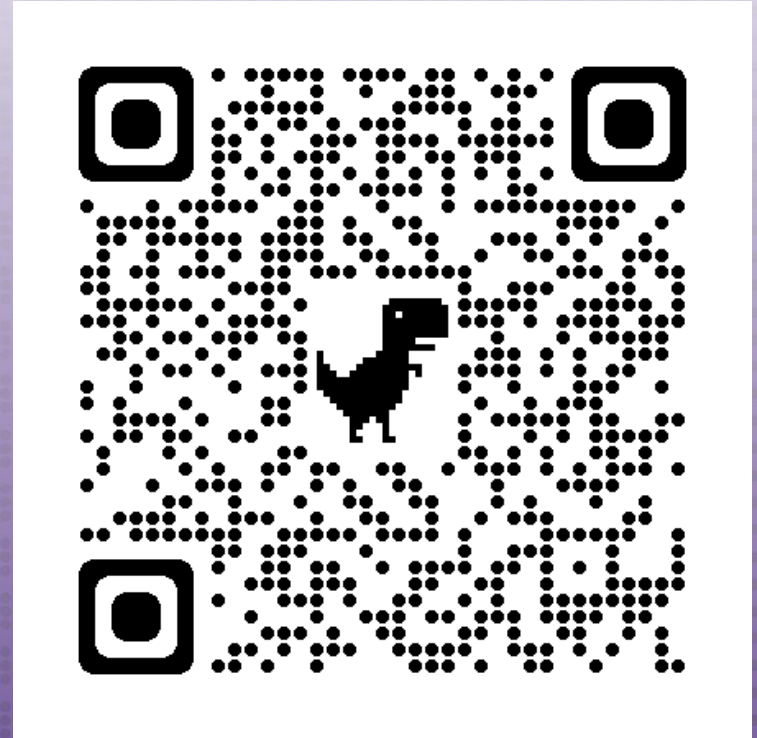


CCSD Information

Monday – Friday
8:00am – 5:00pm

137 Umstead Hall
(Map located on website)

www.counselingcenter.ecu.edu



Take Aways!

