

WHAT TO EXPECT

from Walk-In Counseling Services with Student Well-Being

What are walk-in counseling services?

Walk-in counseling services are simply if you choose to come to the Student Well-Being office requesting to meet with a counselor without having a prior appointment set.

When you walk in:

When you arrive at Student Well-Being, you will be greeted by a support staff member at the front desk. Simply state you are interested in meeting with a counselor or accessing counseling services. They will take basic identifying information from you, such as name and university email, but will not ask you any personal questions or why you are interested in accessing services. If there is availability, you will be able to meet with a counselor for a screening right away. If there is not availability, or you are interested in working with a specific counselor who is currently unavailable, the support staff will schedule you for the next available appointment time.

If there is not a counselor available but you'd still like a quiet, private place to go to think, you can access the Zen Den, a room within the Student Well-Being offices that has items meant to help you relax and feel safe. Some items are a Buddha Board, writing materials, art supplies, activities, a lamp/low lighting, and resources. The room is private with a door that shuts, and a counselor or support staff member can check on you when available.

During a first meeting/screening:

When you are meeting with a counselor the first time, they will cover your confidentiality and privacy rights, listen to your concerns, assess your need(s) with a screening, and help you determine the best next steps from there. This process typically takes about 30-45 minutes.

Learn more about walk-in counseling services:

wellbeing.mst.edu/appointments/counseling-appointments