

# ACCESS THE CCAD COUNSELING & WELLNESS CENTER

## HOW THE CWC WILL PROVIDE SERVICES IN 2021-2022

Services can be over Zoom or in-person. You will choose whether you'd like to be seen remotely or in-person in the CWC.

**The Urgent Walk-In Hour has been eliminated!** Instead, schedule a 30 minute Single Session Therapy (SST) appointment, same or next day. SSTs are typically offered during the 11:00am or the 3:00pm hours.

30 minute SST appointments are scheduled online at [my.ccad.edu/cwc](http://my.ccad.edu/cwc).

All information and consent forms are completed online when you schedule and must be completed before you get the option to choose your appointment time.

We cannot provide ongoing therapy for students located outside Ohio, and can only offer consultations and any online support groups. Contact [counseling@ccad.edu](mailto:counseling@ccad.edu) for details.

### URGENT RESOURCES

If you or someone you know is experiencing an emergency, use these resources anytime, day or night:

**From Anywhere:** Call 911 or visit your nearest emergency room.

Text "HOME" to 741-741 for the 24/7 Crisis Text Line or visit [www.crisistextline.org](http://www.crisistextline.org)

**In Central Ohio:** Call Netcare Access Mental Health Crisis Line 614.276.2273

**On Campus:** Call CCAD Safety and Security 614.222.6165

See more resources at [my.ccad.edu/counseling#emergency](http://my.ccad.edu/counseling#emergency)

# HOW TO ACCESS CARE IN THE CWC:

## STEP 1

Go to [my.ccad.edu/cwc](http://my.ccad.edu/cwc) to schedule an appointment. Forms must be completed before you select your time. Your first appointment of the school year will be an Initial Single Session Therapy (SST). Initial forms take around 20 minutes to complete. All SSTs are 30 minutes and can often be same-day.

## STEP 2

Keep an eye on your email! The CWC will send you a confirmation and instructions on how to access your Initial SST.

## STEP 3

Attend your Initial SST. The therapist will hear your concerns and needs, ask questions, and determine CWC service options available to you. Service options depend on your situation and CWC availability.

### OPTION 1

You are not scheduled for Ongoing Individual Therapy at this time.

### OPTION 2

You are scheduled for Ongoing Individual Therapy at soonest availability.

## WHEN YOU NEED THEM:

Schedule Follow-Up SST appointments. Your therapist will provide brief interventions to address your needs, and may recommend different CWC service options if your situation has changed.

## ADDITIONAL CWC SERVICES:

Therapy groups, outreach/education groups, consultation, help finding services outside of CCAD, trainings and crisis intervention.

For additional information visit [my.ccad.edu/cwc](http://my.ccad.edu/cwc).