

**»FSU Chat - University Counseling Center«**Created at **Chatzy**

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**FSU Staff\_Zoya** opened the chat 10 days ago**FSU Staff\_Zoya** closed the chat 10 days ago**FSU Staff\_Zoya** opened the chat 73 minutes ago**NSFP\_Zoya** entered for the first time 71 minutes ago**Tracey** joined the chat 70 minutes ago**NSFP\_Zoya**: Hi Tracey, we'll get started in a couple of minutes here!**UCC\_DrYvonne** entered for the first time 65 minutes ago**FSU Staff\_Alison** entered for the first time 63 minutes ago**FSU Staff\_Alison** joined the chat 62 minutes ago**Tracey**: Great!**NSFP\_Zoya**: Please feel free to ask any questions you may have about UCC or anything else!**NSFP\_Zoya**: I'll also give Dr. Yvonne the opportunity to introduce herself**Tracey**: My son is a freshman and I wanted to hear the advice of others who have already gone through it.**mshrode** entered for the first time 54 minutes ago**FSU Staff\_Alison**: Any particular subject @Tracey?**Tracey**: Advice on helping my son finish strong.**UCC\_DrYvonne** joined the chat 51 minutes ago**FSU Staff\_Alison**: Ok. Well, many of our Family Connection Council members suggest a care package or something to provide a boost for the end of the semester.**FSU Staff\_Alison**: I would suggest checking in with your student during the break and seeing how they feel about the next month at FSU. Ask them what they need from you.**UCC\_DrYvonne**: Also making use of the counseling center in times of stress and distress is really helpful.**Tracey**: good idea.**FSU Staff\_Alison**: @Dr. Yvonne, will you highlight some of the programs and services the Counseling Center offers?**UCC\_DrYvonne**: We have a walk-in system that is available Monday to Friday from 8:00 - 4:00 pm.**UCC\_DrYvonne**: This is how students first connect with services.**Tracey**: Is it one on one counseling?**UCC\_DrYvonne**: We provide short term therapy, group counseling, couples counseling, and crisis intervention services.**UCC\_DrYvonne**: Students can participate in individual therapy or group therapy.**Tracey**: Is it difficult to make an appointment? Where is the center?**Tracey**: Is there a fee or is it included with tuition?**UCC\_DrYvonne**: All first appointments are walk-ins and at the time that best fits the student.**mshrode**: I've heard that it takes a long time to get appointment?**UCC\_DrYvonne**: Services are paid for by the student fees.**UCC\_DrYvonne**: We are located in the Askew Student Life Center**UCC\_DrYvonne**: One a walk-in has been completed the clinician will develop an individualized plan to meet the student's needs.**mshrode** left the chat 43 minutes ago**UCC\_DrYvonne**: Walk-ins are on a first come first serve basis, but the the average wait time is 30 minutes.**Tracey**: I assume it's all kept confidential, right?**Jared** entered for the first time 39 minutes ago**UCC\_DrYvonne**: Students are required to sign a release of information for anyone that they would like their information disclosed to.**FSU Staff\_Zoya** joined the chat 32 minutes ago**FSU Staff\_Alison**: Anyone else have any questions?

**UCC\_DrYvonne:** Students typically come to the UCC to address concerns with anxiety, depression, suicidal thoughts, academic distress, motivation difficulties, eating disorders, trauma, substance abuse, and family of origin concerns.

**FSU Staff\_Zoya:** Students can also get involved with UCC through RENEW. RENEW (Realizing Everyone's Need for Emotional Wellness) is an undergraduate mental health advocacy and peer-education program sponsored by the University Counseling Center. RENEW provides outreach, presentations, and individual instructional sessions on emotional wellness topics

**UCC\_DrYvonne:** We have a staff of psychologists, social workers, mental health counselors, and trainees.

**Tracey:** Thanks for the info. I will let my son know about the services offered.

**FSU Staff\_Zoya:** Any other questions? Otherwise, we can end the chat a little early!

**Tracey:** I think that's it. Thank you!

**FSU Staff\_Zoya:** Thank you everyone for joining us tonight! And special thank you to Dr. Yvonne!!

**UCC\_DrYvonne:** Happy to assist.

**FSU Staff\_Zoya** closed the chat 8 minutes ago

**Tracey** left the chat 6 minutes ago