



Dr. Ameena Kemavor



Jennifer Patterson



Michael Hicks



Tracy Thornton

We are trained and licensed professionals available to assist you with identifying your barriers to academic success, including:

- Anxiety
- Depression
- Alcohol/other drugs
- Grief and loss
- Relationship issues
- And more

## Additional Resources

Visit our website at [csc.c.edu/services/counseling](http://csc.c.edu/services/counseling), for more information and links to other campus and community assistance programs.

If you are experiencing a mental health crisis, please dial 911, go to your nearest emergency room, call NetCare at 614-276-2273 or campus police at 614-287-2525

## Counseling Services

Personal counseling services are available by appointment.

Stop by our office in Nestor Hall, Room 010, or call (614) 287-2818 to schedule a session.

Office Hours:

Monday – Thursday, 8:00 a.m. – 5:00 p.m. and  
Friday, 9:30 a.m. - 4:30 p.m.

[www.csc.c.edu/services/counseling](http://www.csc.c.edu/services/counseling)  
[www.facebook.com/CounselingCSCC](https://www.facebook.com/CounselingCSCC)

**COLUMBUS STATE**

COMMUNITY COLLEGE

# Counseling Services

at Columbus State



**COLUMBUS STATE**

COMMUNITY COLLEGE

[csc.c.edu/services/counseling](http://csc.c.edu/services/counseling)

## COUNSELING SERVICES

**We understand** the challenges you face. And if you need assistance managing those challenges, we are here to help. We provide a safe, confidential environment where you can explore personal concerns and improve life balance. We work with students to develop and maintain satisfying relationships, improve academic performance, set personal goals, gain self-awareness, and/or make effective and satisfying life choices.

## MENTAL HEALTH COUNSELING

**Our team** is comprised of trained and licensed mental health professionals who are ready to work with you. We provide mental health counseling services to help students with academic, emotional, psychological, social, and behavioral problems. It is our primary purpose to help students cope with, or resolve, problems that create distress in daily living and are interfering with academic success at Columbus State. Mental health counseling appointments are free, confidential, and available to students. Information shared in counseling sessions is not included in a student's educational record.



## ALCOHOL AND OTHER DRUG COUNSELING

**Our goal** with alcohol and other drug counseling is to help our students make positive choices. These choices will ultimately aid in preventing problems related to alcohol use and/or staying away from illegal substances. If appropriate services for treatment cannot be provided at Columbus State, we will refer students to community resources including medical providers, support groups, or other services as needed.

### **We also offer:**

- Alcohol and Other Drug Prevention Services
- Crisis Intervention
- Consultation and Referral
- Workshops and Educational Training