

## FINDING THE RIGHT BALANCE

Attending college while balancing life responsibilities can sometimes be a challenge. The Counseling Services team at Columbus State is here to help students deal with issues that can create stress in daily living and interfere with academic success.

Our licensed professionals provide counseling services to assist students with issues including:

### Personal Concerns

- Anxiety
- Stress
- Depression
- Eating disorders/body image
- Self-esteem
- Grief and loss
- Emotional effects of abuse or assault
- Alcohol and drug counseling

### Social and Relationship Issues

- Social skills
- Parenting and family issues
- Conflict resolution
- Academic concerns

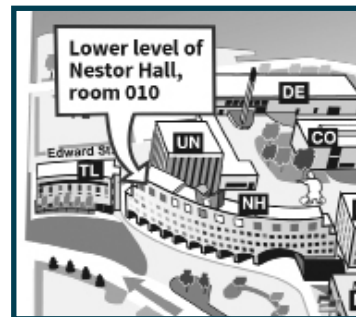
### No cost. Confidential.

Appointments are free for students, and always confidential. Information shared in counseling sessions is not included in a student's educational record.

**Counseling Services**  
Nestor Hall, Room 010  
counselingservices@csc.edu

(614) 287-2818  
FAX: (614) 287-6324

Office Hours:  
Monday - Thursday: 8 a.m. - 5 p.m.  
Friday: 9:30 a.m. - 4:30 p.m.



@counselingscc



**CRISIS TEXT LINE |**

Text HELLO to 741741  
Free, Confidential, 24/7

**COLUMBUS STATE**  
COMMUNITY COLLEGE

38711-062018

# Counseling Services

## AT COLUMBUS STATE

[csc.edu/counseling](https://csc.edu/counseling)



**COLUMBUS STATE**  
COUNSELING SERVICES

# Comprehensive and Confidential Counseling

Students at Columbus State have a free, convenient, and confidential resource in the Counseling Services staff. We provide a productive and judgment-free environment to discuss issues affecting you, assist in building coping skills, and help you find resolution.

## Services for Students

- Individual counseling
- Alcohol/drug counseling
- Crisis intervention
- Referral to community resources

All services are provided free of charge to currently enrolled students.

### Scheduling a Session

To schedule an appointment for mental health or drug/alcohol counseling, call the Counseling Services office at (614) 287-2818 or visit us in Nestor Hall 010.

At your first appointment, you will complete initial paperwork and meet with a counselor to discuss your concerns, clarify your goals, and determine the best counseling plan and resources for you.

When appropriate care or treatment cannot be provided at Columbus State, we make every effort to connect you with community resources such as medical providers, support groups, and other services.

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

## Alcohol and Drug Counseling

Our goal is to help students make positive choices that will aid in preventing problems related to alcohol and drug use. We recognize the importance of prevention, education, and recovery services, and work to connect students to the on-campus and off-campus resources to provide a comprehensive treatment plan.

Alcohol and drug counseling services include:

- Education and information
- Substance abuse counseling
- Crisis intervention
- Referral to community services, including anonymous support groups

## Services for the Columbus State community

Our clinical mental health professionals are available to provide training and educational sessions for faculty and staff at Columbus State. We will work with you to tailor any mental health or substance abuse topic to the needs of your department or audience.

Visit [csc.edu/counseling](http://csc.edu/counseling) and click the “Workshops and Presentation” link for more information and to submit a Presentation Request Form.

## ADDITIONAL RESOURCES

- Anonymous online mental health screenings provided by ULifeLine at [ulifeline.org/csc](http://ulifeline.org/csc)
- Campus resources:

### Disability Services

[csc.edu/disability](http://csc.edu/disability)  
Email: [disability@csc.edu](mailto:disability@csc.edu)  
(614) 287-5089

### Military & Veteran Services

[csc.edu/military](http://csc.edu/military)  
Email: [militaryveteransservice@csc.edu](mailto:militaryveteransservice@csc.edu)  
(614) 287-2644

### Student Advocacy

[csc.edu/studentadvocacy](http://csc.edu/studentadvocacy)  
Email: [studentadvocacy@csc.edu](mailto:studentadvocacy@csc.edu)  
(614) 287-2181

### Victim Advocacy

[csc.edu/victimadvocacy](http://csc.edu/victimadvocacy)  
Email: [victimadvocacy@csc.edu](mailto:victimadvocacy@csc.edu)  
(614) 287-5979

- Information and links to community resources for specific mental health topics.

Visit our website at [csc.edu/counseling](http://csc.edu/counseling) for more information.

More information about counseling services can be accessed at [csc.edu/counseling](http://csc.edu/counseling)