

# FAQs

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## **Q: How does counseling work?**

The first session includes a quick written form to help you gather your thoughts. After talking things over, your counselor will help you to clarify your goals-such as reflecting on relationships or learning new coping strategies. You control how the conversation flows, and your counselor will suggest exploring related topics or practicing new skills.

## **Q: Is counseling confidential?**

Yes. What you say in a session stays in the session. We are required by professional ethical standards to protect your privacy. This means that no one-not your parents, friends, relatives, or professors-will know that you are receiving counseling unless you authorize us to speak to them. Professional protocol does, however, have exceptions to confidentiality.

## **Q: Who are the counselors?**

The Director of Counseling Services is Robin Campbell. She is a Licensed Professional Counselor and a National Certified Counselor. She received her graduate degree from University of North Carolina at Chapel Hill and brings several years college counseling and crisis management to Salem College. Special interest in emotional wellness, self-care, dating violence, and adjustment disorders. Gaither Terrell is a Licensed Clinical Social Worker and is the part-time clinician with several years of college counseling expertise. Special interest/experience in crisis management, anxiety, family of origin issues, trauma (including sexual assault), boundary issues, and dysfunctional families. Also, the center is staffed with Master's Counseling graduate interns from Wake Forest University.

## **CONTACT INFORMATION**

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Counseling Services is open Monday through Friday, 8:30 am-4:30 am.

### **Call for an appointment:**

Robin Campbell, MS, NCC, LPC: (336) 721-2625  
Gaither Terrell, MSW, LCSW: (336) 721-2655  
Counseling Interns: (336) 917-5355 or (336) 917-5364

### **We are located at:**

Salem College Gramley Hall, Lower Level  
601 South Church St Winston-Salem, NC 27101

## **EMERGENCY HELP**

If you or a friend needs immediate help, please call Public Safety at (336) 917-5555 or contact your RD or RA if you are a residential student.

### **On-Campus Resources**

#### **Public Safety:**

(336) 917-5555

#### **Title IX Coordinator Erin Jones Adams:**

(336) 721-2702

#### **Residence Life Assistance:**

Contact your RA or RC on duty

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### **Off-Campus Resources**

#### **Baptist Hospital ER:**

(336)-713-9000

#### **Daymark Mobile Crisis:**

(866) 275-9552

#### **Suicide and Crisis Hotline:**

(336) 722-5123

#### **Sexual Assault Crisis Hotline:**

(336) 722-4457

#### **National Crisis Text Line:**

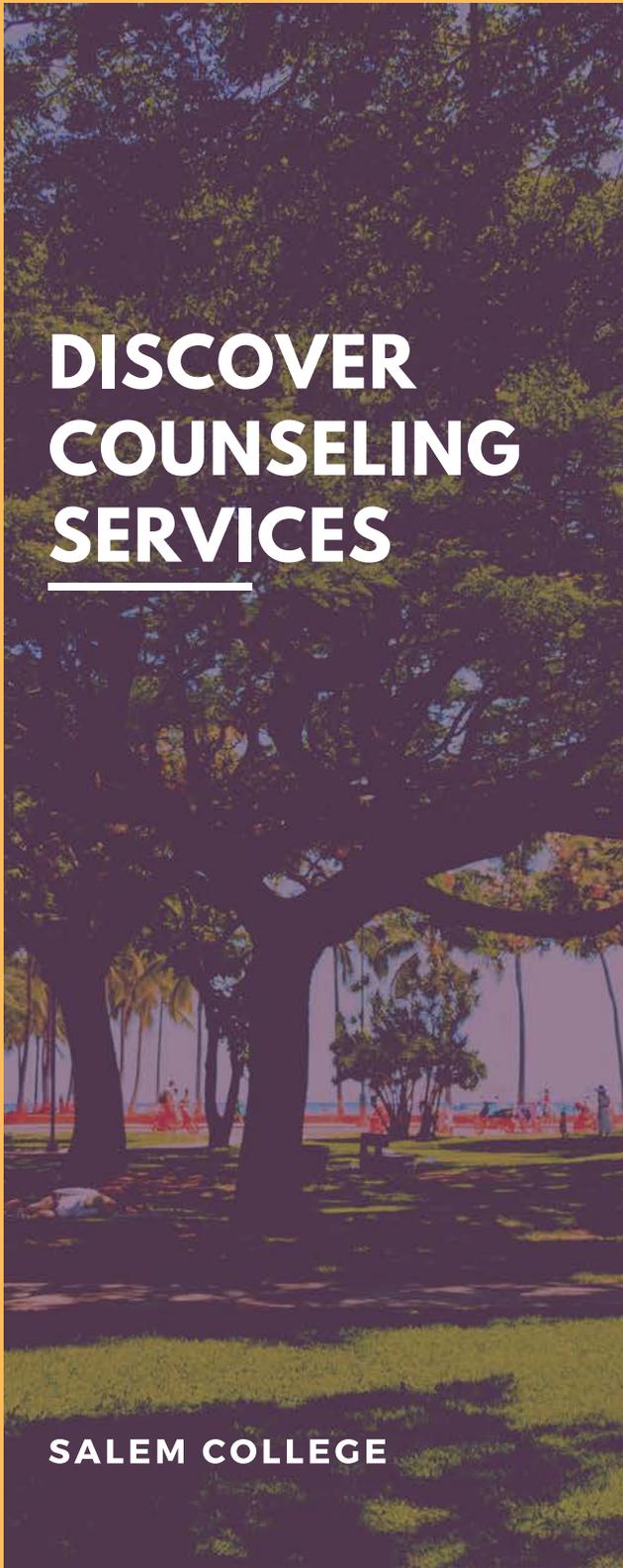
Text the word "GO" to 741741

#### **National Information on suicide prevention:**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

#### **Local information on sexual assault response:**

[www.fsifamily.org](http://www.fsifamily.org)



# DISCOVER COUNSELING SERVICES

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**SALEM COLLEGE**



## **HOW DO YOU SEE THE WORLD?**

Who you are and how you see the world is always changing. From day one, college throws many new experiences, expectations, and relationships your way. When you're feeling overwhelmed, it can be all too easy to forget the strengths that brought you to Salem in the first place.

At the same time, situations you've never encountered before may challenge you to do more than dig deep. You may find yourself making hard decisions and taking on responsibilities that you had not anticipated. Your sense of self stretches. Without even realizing it, you may be transforming your approach to friendship, love, work, and how you treat yourself. How to combine the new you and old you may seem like a tall task.

**That's where Counseling Services comes in.** We can help you to rediscover your perspective and trace how you got from A to Z. Our goal is to create a safe place for you to sit with your feelings, reflect on your thoughts, and plan your actions.

# **UNCOVER YOUR STRENGTHS**

## **How we see the world.**

Counseling services believes that people have unique personal traits and talents that have been shaped by their family, school, and cultural background and experiences. Thriving in the Salem College environment may mean identifying the strengths you have shown in the past and applying them to situations now. It may also mean helping you to let go of old habits that are no longer helpful.

We feel that everyone has the potential to develop new skills and strategies for managing life-with the right practice and support! All you need is a willingness to try and the belief that change is possible.



Most sessions are open and unstructured, allowing students the chance to express themselves freely.

Support groups and workshops are also provided when students express interest. Topics include working on grief, stress, and life transitions. We also refer students to community professionals, such as therapists with specialized training and psychiatrists.

# **CONFIDENTIALITY**

Your sessions are confidential. We will not speak to anyone outside of the Counseling Center about you, with the following exceptions:

- if we are concerned for your safety or the safety of someone else
- if you report child or elder abuse we are legally required to report it
- if you are involved in a court case and your records are subpoenaed.

## **PSYCHIATRIC MEDICATION**

If medication is something you want to consider, we can help connect you with a provider in the community.

## **HOW MANY SESSIONS CAN I HAVE?**

The Counseling Center generally provides short-term treatment, but there are no rigid limits on the number of sessions. You and your counselor will discuss this when you meet.

## **SOME REASONS STUDENTS COME TO COUNSELING**

- relationship issues
- anxiety and/or depression
- food and body image
- gender and/or sexuality issues
- trauma
- general life stress
- and so much more!