

# Counseling & Mental Health Services

**Prof. Catherine McLaughlin**

Licensed Clinical Social Worker

**Student Center  
Room# 213**  
(914) 606-7736

**Drop in Hours**  
Monday 8:00-12:30  
Friday 8:00-12:30

**Scheduled Appointments**  
Tuesday 8:00- 5:00  
Wednesday 8:00-5:00  
Thursday 8:00-5:00

## Counseling Numbers

Personal Counseling  
(914) 606-7736

Students with Disabilities  
(914) 606-6552

Students with Learning Disabilities  
(914) 606-6626

Women's Forum  
(914) 606-6901

Crisis Intervention  
(914) 606-6733

Westchester Community College adheres to the policy that no person on the basis of race, color, creed, national origin, age, gender, sexual orientation or handicap is excluded from or is subject to discrimination to any program or activity.

**Westchester Community College is an equal opportunity, affirmative action employer.**

## Emergency Telephone Numbers

Mobile Crisis Team/Westchester Medical Center  
(914) 493-7075

National Suicide Prevention Lifeline  
1-800-273-TALK

Campus Security Emergency  
(914) 606-6911

Director of Counseling and Student Development and Support Services  
Prof. Donald Weigand  
(914) 606-6777

Campus Nurse  
(914) 606-6610

Associate Dean,  
Student Development and Support Services  
Prof. Kevin Slavin  
(914) 606-7633  
M-F 8:00 – 5:00

Westchester County Police  
(914) 864-7600

Students who are facing personal problems, feeling emotionally distressed, or experiencing a crisis can see a counselor for confidential, short-term counseling. As appropriate, referrals and resources are available both on and off campus.

Students experiencing a mental health crisis during the evening and weekend hours are encouraged to call **911** and the Mobile Crisis Team/Westchester Medical Center **914.493.7075**.

## Counseling Q&A

- **What is Personal Counseling?**

Personal counseling is a professional relationship designed to help you with personal problems. College students experience a great many stresses in their lives – coping with anxiety and depression, sorting out their identity, handling new academic demands, maintaining, and establishing new relationships. Counselors serve as skilled listeners who help you to clarify issues and to learn new ways of coping that can help now and in the future.

- **Who are the counselors?**

The counseling staff in The Division of Student Development and Support Services is made up of professional, master's level counselors and a licensed clinical social worker.

- **Who is Eligible for Personal Counseling?**

All Westchester Community College students are eligible for personal counseling services.

- **Is Counseling Expensive?**

Not at SUNY Westchester Community College – The Division of Student Development and Support Services provides personal counseling at no cost to the students. It is one of the many services provided free of charge here on campus.

- **Does Counseling go on my Official Record?**

Absolutely not – Counseling services are confidential and will not go on your official transcript.

- **Will Counseling be Confidential?**

Only in the event of rare life-threatening emergencies, harm to self or others will any information be disclosed due to the mandate reporting imposed upon the counselors by New York State. In some medical/crisis situations, counselors may notify appropriate authorities. Other than those incidents described, everything you say remains between you and your counselor.

- **Do you Offer a Mental Health Website at Westchester Community College?**

**Yes.**

**Ulifeline** is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding mental health and suicide prevention. **Ulifeline** is available where college students seek information the most – at their fingertips on the internet. Go to [www.sunywcc.edu/counseling](http://www.sunywcc.edu/counseling) or [www.ulifeline.org/schools/wcc](http://www.ulifeline.org/schools/wcc).

- **What if I Can't Wait?**

If it is an **emergency** and you are on campus, come into the Student Center, Room # 217A (Counseling). A counselor will meet with you, speak with you about the situation, and decide with you what needs to be done next. If you have an emergency when the Student Counseling Center is closed, please go to the Security Office in the Student Center Room #113 or call **914.606.6911**.