

First Appointment at the Center for Student Mental Health and Well-being

We understand that there can be a level of discomfort in seeking counseling, so we want to put your mind at ease with the process of your first appointment through the Center for Student Mental Health and Well-being.

We have outlined the process of what you can expect when establishing services through the Center. Please feel free to reach out to the Center with additional questions.

- 1) Once you decide you would like to meet with a counselor you will contact the Center by calling the front desk at 906-487-2538 or emailing counseling@mtu.edu.
- 2) You will be scheduled for a 30-minute initial appointment with a counselor during one of our daily drop-in times. Please see the walk-in hours page for additional details.
 - a) Drop-in hours are on a first-come, first serve basis.
- 3) The day of your initial appointment you will receive an email with a consent for telehealth services and initial appointment forms. The consent form must be reviewed, signed, and returned to counseling@mtu.edu and the forms completed prior to the start of your appointment.
 - a) Please allow 15-20 minutes to complete all the required paperwork.
- 4) The counselor you will be meeting with will send you a Zoom invitation at the time of your appointment. Please allow a 5-minute grace period from your appointment time if you do not receive the invitation.
- 5) At the beginning of the appointment, your counselor will check that you are physically located in Michigan (counselors through the Center are only licensed to practice in the state of Michigan) and that you are in alone in a private space.
 - a) If you are not in Michigan or unable to find a private spot your appointment will be rescheduled.
- 6) Your counselor will then review the confidentiality policy, which you will have received in that initial email with the forms. If you have questions or concerns about the policy please ask your counselor at this time.
- 7) Your counselor will ask you questions about concerns bringing you in, how it is impacting you, and goals you may have by receiving counseling. Once your counselor has finished asking questions, you will have a chance to ask any questions or address any concerns you have.
- 8) After your questions are answered, you and your counselor will walk through our stepped care model approach to services and establish a preliminary plan of action.
- 9) This will wrap up your initial appointment and you will begin on the plan discussed.