

Personal Counseling

Purpose: To assist students who are struggling with personal or academic related issues.

Confidential counseling and referral services will be provided to all students who are in need of support, free of charge.

General Information:

The counselor is located in room 4702 on the fourth floor of the Administration Building. Students are encouraged to schedule appointments at least 24 hours prior to the counseling session. However the counselor does welcome drop-in appointments (as time allows) or will make room in her schedule in case of a crisis. Students can contact the counselor by calling (419) 251-1454 or by emailing “wendy.nathan@mercycollege.edu”.

Common Reasons Why Students Seek Counseling:

- Test Anxiety issues
- Performance anxiety issues
- Feelings of panic
- Stress in personal life/Personal problems
- Difficulty balancing home life and school life
- Inability to concentrate in class
- Procrastination problems
- Time management issues
- Financial woes
- Desire for self improvement
- Would like to increase self-esteem
- Difficulty adjusting to college
- Home sickness
- Depression
- A confidential atmosphere in which to vent

Benefits of Counseling:

- Enhanced self-awareness
- Increased self-esteem
- Reduction or elimination of test anxiety
- Reduction or elimination of performance anxiety
- Improved time management skills
- Improved problem solving skills
- Restoration of balance in life
- Enhanced well-being

Student Emergency/Crisis

Please contact the counselor immediately during the hours of 8:30am to 4:30pm at ext. 11454.

If the counselor is unavailable, concerned persons can call the following:

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| Jennifer Discher, Mercy College Campus Minister | 419-251-1561 |
| Mercy Health Partners EAP | 419-251-1444 |
| Jamie Harter, Mercy College Dean of Students | 419-251-1786 |

If none of the above personnel is available, or it is after hours, concerned persons should call:

Rescue Mental Health 419-255-9585 or 911

Links to information on a variety of mental health issues:

<http://www.mentalhealth.gov/>

<http://www.rainn.org/>

<http://counseling.uchicago.edu/resources/virtualpamphlets/index.shtml>

<http://www.dbsalliance.org/>

Links to Inspirational/ humorous quotes:

<http://www.inspirational-quotes.info/>

http://www.useful-information.info/quotations/humorous_quotes.html