



The latest trends and what we are noticing in the Counseling Center...

ANXIETY & DEPRESSION

The current majority of students presenting are reporting generalized anxiety, social anxiety, and depression/sadness as their primary concerns.

DISCONNECTION & ISOLATION

Students are reporting a sense of disconnection from friends and peers, largely related to virtual learning and Covid-19 restrictions. This is contributing to feelings of loneliness.

FOR US TO BE AWARE OF...

Isolation, feelings of loneliness and depression, if left unaddressed, can lead to an increased risk for suicidal thoughts and behaviors.

VIRTUAL VS. IN PERSON

We continue to offer virtual counseling to ALL full-time students! While virtual delivery is our primary mode at this time, we are **flexible**, and recognize this may be a barrier for some students, due to privacy, comfort, or treatment needs.

We created a "Zoom Room" in the Counseling Center, where counselors can reserve a private office to be able attend their session confidentially and comfortably. In-person service accommodations will be considered on a case-by-case basis for students who request this, cite barriers to virtual sessions, or if treatment needs are better-addressed in-person.

See [page 3](#) for how to help a student access counseling services.





STUDENT DROP-IN SUPPORT GROUP - YOUR FEEDBACK IS ENCOURAGED!

The Counseling Center continues to trial a weekly, virtual drop-in group for students who may be struggling with adjustment, stress, anxiety, depression or other concerns and would like a place to talk and receive support. Despite advertisement on our Instagram and Facebook pages, as well as campus screens and word of mouth, there have been no students in attendance. We believe this to be related to barriers, rather than a lack of need.

We have considered trialing this as a topical group, with a focus on specific areas of concern each week, which would be outlined, however, we'd appreciate your input too! Please send us your thoughts and ideas for this group *or any other services* you think we could provide to better support our students to:

COUNSELINGCENTER@ROBERTS.EDU



GROUPS



NEW!

Kaleid  *scape*

A support group for LGBTQ+ students who may be struggling with or questioning aspects of their identity.

Counselor Facilitated.

Wednesdays

11:00 am - 12:00 pm

Zoom ID: 864 3623 5789

Password: Support

MONDAY MINDFULNESS

Please continue to join us for a weekly 15-20 minute virtual mindfulness break, consisting of a guided mindfulness or relaxation practice. For faculty, staff & students!

Mondays, 12:30-12:50 pm

Zoom ID: 845 8981 1115

Passcode: Mindful

*Please keep your microphone muted and camera off during the meeting.

- The More You Know -

If a student needs services:

1. Encourage the student to complete an intake form on our intranet page and a counselor will be in contact to schedule.
2. Call us with your student present for immediate assistance. 585.594.6882
3. For students in critical need or when in doubt, walk your student over to the Counseling Center and we will determine a plan for assessment.

Fall-focused mindfulness challenge:

Take a short walk and notice fall around you. See the many sights, sounds, smells, physical sensations, and tastes having to do with the season.

For students in crisis OUTSIDE of business hours:

- Contact Dean On-Call and/or
- Campus Safety (585) 594-7777

Additional After-hours Resources:

Lifeline: (585) 285-5151

Crisis Text Line: Text TALK to 741741

Affinity Line: (585) 563-7470

Walk-In Behavior Health Access and Crisis Center

89 Genesee Street, Rochester, NY 14611

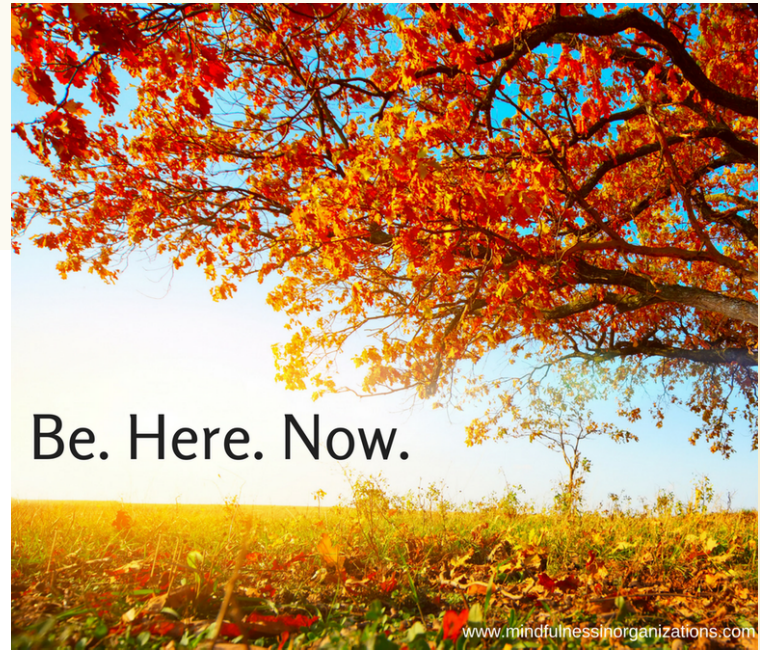
Mon-Fri, 8 am - 10 pm

(585) 368-3950

Area Hospitals

Strong Memorial Hospital

Rochester General Hospital



We continue to be available

for support, resources, questions...

Phone: 585-594-6882

counselingcenter@roberts.edu

Mon-Fri: 9:00 - 5:00 pm

@rwccounselingcenter



YOU DO NOT HAVE TO
SORT THROUGH
EVERYTHING
TONIGHT.
-MHN

SUPPORTING *your* WELLNESS

		Not at all	Several days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

The PHQ-9 is a common tool used by health care professionals to assess depression.

INSTRUCTIONS

Consider the last two weeks and circle the appropriate frequency for each statement, 1-9.

THEN add up your numbers for a total score.

WHAT DOES MY SCORE MEAN?

5-9: Mild
10-14: Moderate
15-19: Moderately Severe
20-27: Severe

WHAT SHOULD I DO?

For total scores of 10 or more you may want to consider talking with your doctor or counselor.

Scores of 20 or more:
Consider talking with your health care provider right away.

Although we are unable to provide counseling services to faculty and staff, we are happy to provide recommendations for local therapists and mental health resources: Counselingcenter@roberts.edu