



**Jefferson**

Thomas Jefferson University

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

# Student Counseling Center (SCC)

## HOW TO MAKE AN APPOINTMENT

Call **215-955-HELP (4357)**

and **follow the prompts.**

*Please leave your name and contact information on the confidential voicemail and a SCC staff member will return your call.*

## WHAT TO EXPECT

During the initial meeting, a SCC counselor will gather information to learn about your current and past experiences. Students will develop a course of action with their counselor which may include short-term counseling or a referral to a community provider.

The SCC seeks to balance the unique needs of individual students with the needs of the Jefferson student community as a whole. Therefore, counseling is typically short-term. For students in need of extended or specialty care, your counselor can assist with community referrals.

## WELCOME to the SCC

The years of college and graduate school can be among the most exciting of a person's life. However, being a student can also cause stress and uncertainty. During these times, students may find it helpful to have additional support and encouragement. The **Student Counseling Center (SCC)** offers counseling and support services to help students in times of need.

The SCC mission is to support the emotional health and well-being of Jefferson students and promote the overall wellness of the campus community through counseling, consultation, and outreach. The SCC is designed to meet the needs of the Jefferson student community with compassion, honesty, and confidentiality.

## WHAT WE OFFER

- Individual counseling
- Group counseling
- Psychiatric consultations
- Short-term treatment
- Community referrals for long-term and specialty care
- Wellness education and prevention programs

## CONFIDENTIALITY

*SCC counselors hold themselves to the highest clinical and ethical standards. Information shared during counseling is confidential except where required by law, which includes any situation where there is a reasonable suspicion of or potential for the abuse of children, elderly persons, or dependent adults; or where the client presents a serious risk of violence to another person or imminent threat to one's own life.*



## URGENT SITUATIONS

SCC counselors are available between 9:00 a.m.–5:00 p.m. for urgent needs. All students experiencing an emergency on-campus should call Public Safety. Students off-campus should call 911 or go to the nearest emergency room.

**Public Safety East Falls: 215-951-2999**

**Public Safety Center City: 215-955-8888**

## COMMON CONCERNS

- Stress or anxiety
- Depressed mood
- Relationship problems
- Difficulties adjusting to school or loneliness
- Personal or family crisis
- Eating or body image concerns
- Alcohol/Drug concerns
- Difficulties making career decisions
- Identity issues
- Self-esteem issues and imposter feelings
- Academic concerns
- Coping with physical illness or disability



## **LOCATIONS** *and* **HOURS**

### **Center City Campus**

#### **Department of Psychiatry and Human Behavior**

33 S. 9th Street, Suite 230

Philadelphia, PA 19107

**Director:** Deanna Nobleza, MD

**Hours:** 9:00a.m. – 5:00p.m.

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### **East Falls Campus**

#### **Kanbar Student Center 323**

4201 Henry Ave

Philadelphia, PA 19144

**Director:** Meghan O'Meara, LPC

**Hours:** 9:00a.m. – 5:00p.m.